

Tarragon Sauce II

Karen Niegelsky - Raleigh, NC
Southern Living - 1987 Annual Recipes

Yield: 1 1/2 cups

1/4 cup butter or margarine
1 tablespoon cornstarch
1 cup half-and-half
2 teaspoons dry vermouth
1/2 teaspoon dried whole tarragon
1/4 teaspoon salt
1/4 teaspoon Worcestershire sauce
dash white pepper

In a small saucepan over low heat, melt the butter. Add the cornstarch, stirring until smooth. Cook for 1 minute.

Remove from the heat. Gradually stir in the half-and-half until smooth. Return to the heat. Stir constantly and bring to a boil. Cook for 1 minute.

Stir in the vermouth, tarragon, salt, Worcestershire sauce and pepper.

Serve over pork chops.

Per Serving (excluding unknown items): 450 Calories; 46g Fat (92.3% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 124mg Cholesterol; 1016mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	450
% Calories from Fat:	92.3%
% Calories from Carbohydrates:	7.2%
% Calories from Protein:	0.5%
Total Fat (g):	46g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	124mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	12
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
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Protein (g): 1g
Sodium (mg): 1016mg
Potassium (mg): 29mg
Calcium (mg): 19mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1735IU
Vitamin A (r.e.): 429 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 450 Calories from Fat: 415

% Daily Values*

Total Fat	46g	71%
Saturated Fat	29g	143%
Cholesterol	124mg	41%
Sodium	1016mg	42%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	0%
Protein	1g	

Vitamin A	35%
Vitamin C	4%
Calcium	2%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.