

# Butterscotch Sauce

*The Woman's Auxiliary of Olivet Episcopal Church (Virginia Cookery - Past and Present)*  
*The Good Cook Sauces - Time-Life Books*

1 1/2 cups brown sugar  
 2/3 cup light corn syrup  
 1/3 cup water  
 4 tablespoons butter  
 1/2 teaspoon vanilla extract  
 6 tablespoons heavy cream

In a saucepan, combine the brown sugar, corn syrup, water and butter. Cook until the mixture has the consistency of heavy cream.

Cool. Then add the vanilla extract and the cream. If the sauce is too thick, add a little more cream.

*This rich sauce is suitable as a topping for cakes, profiteroles or eclairs as well as for ice cream. The sauce is good either hot or cold.*

Per Serving (excluding unknown items): 2149 Calories; 79g Fat (31.7% calories from fat); 2g Protein; 381g Carbohydrate; 0g Dietary Fiber; 247mg Cholesterol; 851mg Sodium. Exchanges: 1/2 Non-Fat Milk; 16 Fat; 25 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	2149
% Calories from Fat:	31.7%
% Calories from Carbohydrates:	67.9%
% Calories from Protein:	0.4%
Total Fat (g):	79g
Saturated Fat (g):	49g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	247mg
Carbohydrate (g):	381g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	851mg
Potassium (mg):	843mg
Calcium (mg):	264mg
Iron (mg):	4mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refuse:	n n%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	16

Zinc (mg): 1mg  
Vitamin C (mg): 1mg  
Vitamin A (i.u.): 3046IU  
Vitamin A (r.e.): 805RE

Other Carbohydrates: 25

---

## Nutrition Facts

---

### Amount Per Serving

---

<b>Calories</b>	2149	Calories from Fat: 681
-----------------	------	------------------------

---

### % Daily Values\*

<b>Total Fat</b>	79g	122%
Saturated Fat	49g	246%
<b>Cholesterol</b>	247mg	82%
<b>Sodium</b>	851mg	35%
<b>Total Carbohydrates</b>	381g	127%
Dietary Fiber	0g	0%
<b>Protein</b>	2g	

---

<b>Vitamin A</b>	61%
<b>Vitamin C</b>	1%
<b>Calcium</b>	26%
<b>Iron</b>	24%

---

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