

Chocolate-Cherry Dessert Sauce

Southern Living - 1987 Annual Recipes

Yield: 2 1/2 cups

1/4 cup butter or margarine
1 1/2 cups firmly packed brown sugar
1/4 cup cocoa
3 tablespoons all-purpose flour
3/4 cup light corn syrup
1 can (5 ounce) evaporated milk
3/4 cup pitted fresh cherries, halved
2 tablespoons Kirsch or other cherry-flavored liqueur

In a three-cup glass bowl, place the butter. Microwave on HIGH for 55 seconds or until melted.

In a bowl, combine the sugar, cocoa and flour. Mix well. Add to the butter, stirring well.

Stir in the corn syrup and milk.

Microwave on HIGH for 2 to 3 minutes, stirring once, or until the mixture is hot and the sugar dissolves.

Stir in the cherries and Kirsch.

Serve over ice cream or cake.

Per Serving (excluding unknown items): 2814 Calories; 68g Fat (20.7% calories from fat); 24g Protein; 564g Carbohydrate; 8g Dietary Fiber; 198mg Cholesterol; 1166mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 2 Non-Fat Milk; 13 Fat; 33 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	2814	Vitamin B6 (mg):	.2mg
% Calories from Fat:	20.7%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	76.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	68g	Folacin (mcg):	68mcg
Saturated Fat (g):	42g	Niacin (mg):	3mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	49mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	198mg	% Refuse:	0.0%
Carbohydrate (g):	564g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	2
Protein (g):	24g	Lean Meat:	1/2
Sodium (mg):	1166mg	Vegetable:	0
Potassium (mg):	2283mg	Fruit:	0
Calcium (mg):	990mg	Non-Fat Milk:	2
Iron (mg):	11mg	Fat:	13
Zinc (mg):	4mg	Other Carbohydrates:	33 1/2

Vitamin C (mg): 5mg
Vitamin A (i.u.): 2739IU
Vitamin A (r.e.): 613 1/2RE

Nutrition Facts

Amount Per Serving

Calories	2814	Calories from Fat: 582
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% Daily Values*

Total Fat	68g	105%
Saturated Fat	42g	210%
Cholesterol	198mg	66%
Sodium	1166mg	49%
Total Carbohydrates	564g	188%
Dietary Fiber	8g	31%
Protein	24g	

Vitamin A	55%
Vitamin C	8%
Calcium	99%
Iron	61%

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