

# Mandarin Sauce

*Susan McEwen McIntosh*  
*"Southern Living" Cooking Light - 1983*

## Yield: 1 1/4 cups

*1 can (11 ounces) mandarin oranges,  
undrained*

*1/4 cup reduced-calorie strawberry  
jam*

*1 tablespoon lemon juice*

*2 teaspoons cornstarch*

*1/8 teaspoon ground nutmeg*

Drain the oranges, reserving 1/4 cup of the liquid. Set the oranges aside.

Combine the reserved 1/4 cup of liquid, strawberry jam, lemon juice, cornstarch and nutmeg in a small saucepan. Cook over medium heat, stirring constantly, until thickened and bubbly. Stir in the orange sections. Reduce the heat and simmer for 5 minutes, stirring occasionally.

Serve warm over ice milk, sherbet or angel food cake.

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Per Serving (excluding unknown items): 63 Calories; trace Fat (3.4% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 0 Fat.

## Sauces

### Per Serving Nutritional Analysis

Calories (kcal):	63
% Calories from Fat:	3.4%
% Calories from Carbohydrates:	93.0%
% Calories from Protein:	3.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	16g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	19mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	1/2
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**Protein (g):** 1g  
**Sodium (mg):** 2mg  
**Potassium (mg):** 152mg  
**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 33mg  
**Vitamin A (i.u.):** 776IU  
**Vitamin A (r.e.):** 77 1/2RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 63 Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	2g	8%
<b>Protein</b>	1g	
<b>Vitamin A</b>		16%
<b>Vitamin C</b>		55%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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