

# Orange Dessert Sauce

Mrs. Bruce Fowler - Woodruff, SC  
Southern Living - 1987 Annual Recipes

## Yield: 3/4 cup

1 package (3 ounce) cream cheese,  
cubed  
2 tablespoons sugar  
1/4 cup sour cream  
1 can (11 ounce) mandarin oranges,  
drained and divided  
mint leaves (optional)

In a food processor bowl, combine the cream cheese, sugar and sour cream. Process for 1 minute, scraping the sides of the bowl occasionally.

Add 3/4 cup of the mandarin oranges to the mixture. Pulse three times. Chill.

Arrange the remaining mandarin oranges over slices of cake or ice cream..

Spoon the orange sauce over the oranges.

Garnish with mint leaves, if desired.

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Per Serving (excluding unknown items): 1067 Calories; 93g Fat (76.9% calories from fat); 20g Protein; 43g Carbohydrate; 2g Dietary Fiber; 280mg Cholesterol; 717mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 17 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	1067
% Calories from Fat:	76.9%
% Calories from Carbohydrates:	15.8%
% Calories from Protein:	7.3%
Total Fat (g):	93g
Saturated Fat (g):	58g
Monounsaturated Fat (g):	26g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	280mg
Carbohydrate (g):	43g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	54mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Dietary Fiber (g): 2g  
 Protein (g): 20g  
 Sodium (mg): 717mg  
 Potassium (mg): 492mg  
 Calcium (mg): 264mg  
 Iron (mg): 3mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 26mg  
 Vitamin A (i.u.): 4538IU  
 Vitamin A (r.e.): 1211RE

Grain (Starch): 0  
 Lean Meat: 2 1/2  
 Vegetable: 0  
 Fruit: 1/2  
 Non-Fat Milk: 0  
 Fat: 17 1/2  
 Other Carbohydrates: 1 1/2

## Nutrition Facts

### Amount Per Serving

Calories 1067      Calories from Fat: 821

### % Daily Values\*

<b>Total Fat</b>	93g	143%
Saturated Fat	58g	292%
<b>Cholesterol</b>	280mg	93%
<b>Sodium</b>	717mg	30%
<b>Total Carbohydrates</b>	43g	14%
Dietary Fiber	2g	8%
<b>Protein</b>	20g	

<b>Vitamin A</b>	91%
<b>Vitamin C</b>	44%
<b>Calcium</b>	26%
<b>Iron</b>	16%

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