

Pineapple-Rum Sauce

Mrs. Thomas Lee Adams - Kingsport, TN
Southern Living - 1984 Annual Recipes

Yield: 1 2/3 cups

- 1 cup firmly packed brown sugar
- 2 tablespoons cornstarch
- 1 1/3 cups pineapple juice
- 2 tablespoons butter or margarine
- 1 1/4 teaspoons rum flavoring

In a medium saucepan, combine the sugar and cornstarch. Mix well.

Stir in the pineapple juice. Cook over medium heat until thickened, stirring constantly.

Remove from the heat. Stir in the butter and rum flavoring.

Serve warm or chilled over ice cream or pound cake.

Per Serving (excluding unknown items): 1278 Calories; 23g Fat (15.9% calories from fat); 1g Protein; 274g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 325mg Sodium. Exchanges: 1 Grain(Starch); 3 Fruit; 4 1/2 Fat; 14 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1278	Vitamin B6 (mg):	.4mg
% Calories from Fat:	15.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	83.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	23g	Folacin (mcg):	80mcg
Saturated Fat (g):	14g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	62mg	% Daily Value:	on on%
Carbohydrate (g):	274g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	1
Protein (g):	1g	Lean Meat:	0

Sodium (mg): 325mg
Potassium (mg): 1215mg
Calcium (mg): 251mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 884IU
Vitamin A (r.e.): 216 1/2RE

Vegetable: 0
Fruit: 3
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 14

Nutrition Facts

Amount Per Serving

Calories	1278	Calories from Fat: 204
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% Daily Values*

Total Fat	23g	36%
Saturated Fat	14g	72%
Cholesterol	62mg	21%
Sodium	325mg	14%
Total Carbohydrates	274g	91%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		18%
Vitamin C		61%
Calcium		25%
Iron		29%

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