

# Sweet and Sour Fruit Dressing

Barbara Bracey - Franklin, TN  
*Southern Living - 1984 Annual Recipes*

**Yield: 1 1/2 cups**

4 egg yolks  
1 1/2 cups sugar  
1/2 cup milk  
1 teaspoon dry mustard  
1/2 cup vinegar

In a medium saucepan, combine the egg yolks, sugar, milk and mustard.  
  
Cook over low heat until smooth and thickened.  
  
Stir in the vinegar, stirring constantly.  
  
Cool.

Per Serving (excluding unknown items): 1497 Calories; 25g Fat (14.6% calories from fat); 16g Protein; 314g Carbohydrate; trace Dietary Fiber; 867mg Cholesterol; 93mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 3 1/2 Fat; 20 1/2 Other Carbohydrates.

Sauces and Condiments

**Per Serving Nutritional Analysis**

Calories (kcal):	1497	Vitamin B6 (mg):	.3mg
% Calories from Fat:	14.6%	Vitamin B12 (mcg):	2.5mcg
% Calories from Carbohydrates:	81.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	25g	Folacin (mcg):	103mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	867mg	% Refuse:	n n%
Carbohydrate (g):	314g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	16g	Lean Meat:	1
Sodium (mg):	93mg	Vegetable:	0
Potassium (mg):	387mg	Fruit:	0
Calcium (mg):	252mg	Non-Fat Milk:	1/2

Iron (mg): 3mg  
Zinc (mg): 3mg  
Vitamin C (mg): 1mg  
Vitamin A (i.u.): 1451IU  
Vitamin A (r.e.): 434 1/2RE

Fat: 3 1/2  
Other Carbohydrates: 20 1/2

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	1497	Calories from Fat: 218
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### % Daily Values\*

<b>Total Fat</b>	25g	38%
Saturated Fat	9g	44%
<b>Cholesterol</b>	867mg	289%
<b>Sodium</b>	93mg	4%
<b>Total Carbohydrates</b>	314g	105%
Dietary Fiber	trace	0%
<b>Protein</b>	16g	

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<b>Vitamin A</b>	29%
<b>Vitamin C</b>	2%
<b>Calcium</b>	25%
<b>Iron</b>	19%

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