

Sweet-and-Sour Marinade

Southern Living - 1987 Annual Recipes

Yield: 1 2/3 cups

1/2 to 3/4 cup sugar

3/4 cup vinegar

1/2 cup vegetable oil

1 teaspoon pepper

1/2 teaspoon salt

1/2 teaspoon dry mustard

In a bowl, combine all of the ingredients. Stir until the sugar dissolves.

Pour over the desired cut vegetables.

Cover and chill at least eight hours.

Drain before serving.

Per Serving (excluding unknown items): 1385 Calories; 109g Fat (68.6% calories from fat); trace Protein; 112g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1070mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 22 Fat; 7 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1385
% Calories from Fat:	68.6%
% Calories from Carbohydrates:	31.3%
% Calories from Protein:	0.1%
Total Fat (g):	109g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	65g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	0mg
Carbohydrate (g):	112g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	1070mg
Potassium (mg):	216mg
Calcium (mg):	31mg
Iron (mg):	2mg

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

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	22

Zinc (mg): trace
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 7IU
 Vitamin A (r.e.): 1/2RE

Other Carbohydrates: 7 1/2

Nutrition Facts

Amount Per Serving

Calories	1385	Calories from Fat: 950
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% Daily Values*

Total Fat	109g	168%
Saturated Fat	13g	63%
Cholesterol	0mg	0%
Sodium	1070mg	45%
Total Carbohydrates	112g	37%
Dietary Fiber	1g	2%
Protein	trace	

Vitamin A	0%
Vitamin C	1%
Calcium	3%
Iron	10%

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