

# Apricot Sauce II

*Step-By-Step Sauces*

*Salamander Books Ltd. - London, England*

## **Yield: 2 1/2 cups**

*8 ounces dried apricots*

*1/4 cup caster sugar*

*1 1/4 cups dry white wine*

Chop the apricots roughly. Place the sugar in a saucepan with 2/3 cup of water. Heat the mixture gently until the sugar has dissolved.

Stir in the apricots and wine, mixing well. Bring slowly to a boil. Cover and simmer gently for 20 minutes, stirring occasionally. Remove the pan from the heat. Set aside to cool.

Once cool, puree' the mixture in a blender or food processor until smooth. Return the sauce to a saucepan and reheat gently before serving.

Serve with baked puddings, crepes or baked fruit such as baked pear.

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Per Serving (excluding unknown items): 740 Calories; 1g Fat (1.5% calories from fat); 8g Protein; 142g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 37mg Sodium. Exchanges: 9 1/2 Fruit.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	740	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	1.5%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	93.0%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	5.5%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	24mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	7mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	201
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0.0%

Carbohydrate (g):	142g
Dietary Fiber (g):	20g
Protein (g):	8g
Sodium (mg):	37mg
Potassium (mg):	3361mg
Calcium (mg):	129mg
Iron (mg):	12mg
Zinc (mg):	2mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	16420IU
Vitamin A (r.e.):	1642RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	9 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	740	Calories from Fat: 11
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### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	37mg	2%
<b>Total Carbohydrates</b>	142g	47%
Dietary Fiber	20g	82%
<b>Protein</b>	8g	
<b>Vitamin A</b>		328%
<b>Vitamin C</b>		9%
<b>Calcium</b>		13%
<b>Iron</b>		64%

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