

Chocolate Sauce II

Step-By-Step Sauces
Salamander Books Ltd. - London, England

Yield: 1 1/4 cups

3 tablespoons cocoa powder

6 teaspoons caster sugar

3 teaspoons cornflour

1 1/4 cups semi-skimmed milk

3 teaspoons low-fat spread

Sift the cocoa powder into a bowl. Whisk in the sugar, cornflour and a little milk. Blend until smooth.

Place the remaining milk and the low-fat spread into a saucepan. Bring slowly to a boil. Remove the pan from the heat. Pour the hot milk onto the blended cocoa mixture, whisking.

Return the sauce to the saucepan. Reheat gently, stirring continuously, until the sauce thickens. Simmer gently for 3 minutes.

Serve with custard puddings, profiteroles filled with low-fat custard, and canned or fresh fruit.

Per Serving (excluding unknown items): 37 Calories; 2g Fat (29.4% calories from fat); 3g Protein; 9g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	37	Vitamin B6 (mg):	trace
% Calories from Fat:	29.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	51.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	18.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	5mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	37mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.00%

Carbohydrate (g):	9g
Dietary Fiber (g):	5g
Protein (g):	3g
Sodium (mg):	3mg
Potassium (mg):	246mg
Calcium (mg):	21mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	3IU
Vitamin A (r.e.):	1/2RE

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	37	Calories from Fat: 11
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	9g	3%
Dietary Fiber	5g	21%
Protein	3g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		12%

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