

# Gooseberry Sauce

*Step-By-Step Sauces*

*Salamander Books Ltd. - London, England*

## **Yield: 2 1/4 cups**

*1 pound gooseberries  
juice of one orange  
rind of one orange  
6 teaspoons low-fat spread  
2 tablespoons soft brown sugar  
1/4 teaspoon ground nutmeg*

Place the gooseberries in a saucepan with the orange juice and rind and 2/3 cup of water, mixing well. Bring the mixture slowly to a boil. Cover the saucepan and simmer gently for 5 to 10 minutes until the gooseberries are cooked, stirring occasionally.

Remove the pan from the heat. Set aside to cool. Once cool, puree the gooseberries in a blender or food processor until smooth. Return the mixture to a saucepan.

Stir in the low-fat spread, sugar and nutmeg. Bring slowly to a boil, stirring. Simmer gently for 1 minute.

Serve with oily fish such as mackerel.

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Per Serving (excluding unknown items): 203 Calories; 3g Fat (11.2% calories from fat); 4g Protein; 47g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 3 Fruit; 0 Fat.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	203	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	11.2%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	81.7%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	7.1%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	3g	<b>Folacin (mcg):</b>	28mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg

Polyunsaturated Fat (g): 1g  
 Cholesterol (mg): 0mg  
 Carbohydrate (g): 47g  
 Dietary Fiber (g): 20g  
 Protein (g): 4g  
 Sodium (mg): 5mg  
 Potassium (mg): 901mg  
 Calcium (mg): 115mg  
 Iron (mg): 1mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 126mg  
 Vitamin A (i.u.): 1317IU  
 Vitamin A (r.e.): 131 1/2RE

Alcohol (kcal):  
 % Deficit: 0.00%

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 3  
 Non-Fat Milk: 0  
 Fat: 0  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

Calories 203      Calories from Fat: 23

### % Daily Values\*

<b>Total Fat</b>	3g	4%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	5mg	0%
<b>Total Carbohydrates</b>	47g	16%
Dietary Fiber	20g	79%
<b>Protein</b>	4g	
<b>Vitamin A</b>		26%
<b>Vitamin C</b>		210%
<b>Calcium</b>		11%
<b>Iron</b>		8%

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