

Raspberry & Almond Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 1 1/4 cups

8 ounces raspberries

1/4 cup caster sugar

2/3 cup medium white wine

1 teaspoon arrowroot

few drops almond extract

Put the raspberries in a saucepan with two teaspoons of water. Bring slowly to a boil. Cover and simmer gently until the raspberries are soft. Remove the pan from the heat and set aside to cool. Once cool, puree' the raspberries in a blender or food processor until smooth.

Press the puree' through a nylon sieve and discard the pips. Return the sauce to a saucepan and stir in the sugar and wine, mixing well.

In a small bowl, blend the arrowroot with one tablespoon of water.

Stir the arrowroot mixture into the sauce. Bring slowly to a boil, stirring continuously, until the sauce thickens. Stir in a few drops of almond essence before serving.

Serve hot or cold with baked puddings, low-fat ice cream or fresh fruit.

Per Serving (excluding unknown items): 116 Calories; 1g Fat (8.1% calories from fat); 2g Protein; 27g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	116	Vitamin B6 (mg):	.1mg
% Calories from Fat:	8.1%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 85.8%
 % Calories from Protein: 6.1%
 Total Fat (g): 1g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 27g
 Dietary Fiber (g): 15g
 Protein (g): 2g
 Sodium (mg): trace
 Potassium (mg): 331mg
 Calcium (mg): 49mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 54mg
 Vitamin A (i.u.): 283IU
 Vitamin A (r.e.): 28 1/2RE

Thiamin B1 (mg): 0mg
 Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 57mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refused: 0.0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 116 Calories from Fat: 9

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	27g	9%
Dietary Fiber	15g	59%
Protein	2g	
Vitamin A		6%
Vitamin C		91%
Calcium		5%
Iron		6%

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