

Raspberry Sauce II

Ladies Home Journal - Delicious Desserts

3 cups fresh raspberries
1 tablespoon balsamic vinegar
1/4 cup sugar
1 teaspoon cornstarch

In a blender, combine the raspberries and vinegar. Cover and blend until smooth.

Strain the berry mixture; discard the seeds.

In a saucepan, combine the sugar and cornstarch. Add the strained berry mixture. Cook and stir until bubbly. Cook and stir for 2 minutes more.

Cover and chill for at least one hour.

Per Serving (excluding unknown items): 392 Calories; 2g Fat (4.3% calories from fat); 3g Protein; 97g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fruit; 3 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	392	Vitamin B6 (mg):	.2mg
% Calories from Fat:	4.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	92.5%	Thiamin B1 (mg):	0mg
% Calories from Protein:	3.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	99mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	97g	Food Exchanges	
Dietary Fiber (g):	26g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0

