

# Rum & Raisin Sauce

*Step-By-Step Sauces*

*Salamander Books Ltd. - London, England*

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

*3 tablespoons cornflour*

*5 teaspoons caster sugar*

*2 cups semi-skimmed milk*

*1/2 cup raisins*

*12 teaspoons rum*

*6 teaspoons reduced-fat light cream*

In a bowl or jug, blend the cornflour and sugar with two tablespoons of milk until smooth.

In a saucepan, bring the remaining milk slowly to a boil. Pour the hot milk onto the cornflour mixture, stirring. Return to the saucepan.

Reheat gently until the sauce thickens, stirring continuously. Simmer gently for 3 minutes. Remove the pan from the heat.

Chop the raisins roughly and stir into the sauce.

Stir in the rum and cream.

Reheat the sauce very gently. Do not allow the sauce to boil.

Serve with pancakes or low-fat ice cream.

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Per Serving (excluding unknown items): 346 Calories; trace Fat (1.2% calories from fat); 2g Protein; 57g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 4 Fruit.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	346	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	1.2%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	94.9%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	3.9%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	2mcg

**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 57g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 2g  
**Sodium (mg):** 9mg  
**Potassium (mg):** 546mg  
**Calcium (mg):** 36mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 6IU  
**Vitamin A (r.e.):** 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 128  
**% Refused:** 0 0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 4  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 346 **Calories from Fat:** 4

### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	9mg	0%
<b>Total Carbohydrates</b>	57g	19%
Dietary Fiber	3g	12%
<b>Protein</b>	2g	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		4%
<b>Calcium</b>		4%
<b>Iron</b>		9%

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