

Spicy Sauce

What's Cooking II

North American Institute of Modern Cuisine

Yield: 2 cups

2 cups milk
1/2 cup sugar
1 cinnamon stick
1 egg yolk
1 tablespoon cornstarch
1 teaspoon ginger
pinch nutmeg

In a saucepan, boil the milk and sugar. Add the cinnamon.

In a bowl, whip together the egg yolk and cornstarch. Fold in three tablespoons of the hot milk. Stir into the saucepan. Over low heat, cook for 2 minutes or until the sauce thickens.

Add the spices, mixing well.

Serve cold.

Per Serving (excluding unknown items): 818 Calories; 22g Fat (23.4% calories from fat); 20g Protein; 142g Carbohydrate; 8g Dietary Fiber; 279mg Cholesterol; 252mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Non-Fat Milk; 4 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	818	Vitamin B6 (mg):	.3mg
% Calories from Fat:	23.4%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	67.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	22g	Folacin (mcg):	53mcg
Saturated Fat (g):	12g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	279mg	% Daily Value*	n n%
Carbohydrate (g):	142g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	1 1/2
Protein (g):	20g	Lean Meat:	1/2

Sodium (mg): 252mg
Potassium (mg): 849mg
Calcium (mg): 776mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 976IU
Vitamin A (r.e.): 286RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 2
Fat: 4
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 818 **Calories from Fat:** 191

% Daily Values*

Total Fat 22g	34%
Saturated Fat 12g	59%
Cholesterol 279mg	93%
Sodium 252mg	11%
Total Carbohydrates 142g	47%
Dietary Fiber 8g	31%
Protein 20g	
<hr/>	
Vitamin A	20%
Vitamin C	14%
Calcium	78%
Iron	35%

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