

Strawberry & Lemon Sauce

Step-By-Step Sauces
Salamander Books, Ltd. - London, England

Yield: 2 cups
8 ounces strawberries
juice of two lemons
rind of two lemons, finely grated
1/4 cup caster sugar
1 teaspoon arrowroot

Put the strawberries in a blender or food processor. Blend until smooth. Set aside. Pour into a saucepan.

Add 2/3 cup of water to the saucepan. Stir in the lemon rind, lemon juice and sugar. Heat gently, stirring, until the sugar has dissolved.

Bring the mixture to a boil. Simmer gently for 5 minutes.

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

Stir the arrowroot mixture into the saucepan. Mix well. Reheat the sauce gently until the mixture thickens, stirring continuously.

Serve with fruit jelly, fresh fruit, fruit tart or sorbet.

Per Serving (excluding unknown items): 73 Calories; 1g Fat (8.0% calories from fat); 1g Protein; 17g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	73	Vitamin B6 (mg):	0mg
% Calories from Fat:	8.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.8%	Thiamin B1 (mg):	0mg
% Calories from Protein:	6.2%	Riboflavin B2 (mg):	0mg

Total Fat (g): 1g
Saturated Fat (g): trace
Monounsaturated Fat (g): 0g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 17g
Dietary Fiber (g): 5g
Protein (g): 1g
Sodium (mg): 2mg
Potassium (mg): 354mg
Calcium (mg): 31mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 121mg
Vitamin A (i.u.): 58IU
Vitamin A (r.e.): 6 1/2RE

Folacin (mcg): 38mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 73 **Calories from Fat:** 6

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	17g	6%
Dietary Fiber	5g	20%
Protein	1g	
Vitamin A		1%
Vitamin C		201%
Calcium		3%
Iron		4%

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