

Thick Fruit Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 3 1/4 cups

4 ounces plums

4 ounces raspberries

4 ounces strawberries

4 ounces blackberries

1 cup caster sugar

juice of one lime

2 teaspoons arrowroot

Halve and stone the plums. Place the plums, raspberries, strawberries and blackberries in a saucepan with 2/3 cup of water. Bring slowly to a boil. Cover and simmer gently until the fruit is soft, stirring occasionally.

Remove the pan from the heat. Set aside to cool.

Once cool, puree' the fruit in a blender or food processor until smooth. Return the sauce to the saucepan. Stir in the sugar and lime juice. Mix 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 until the sauce thickens, stirring continuously.

Serve hot or cold with low-fat ice cream or frozen yogurt.

Per Serving (excluding unknown items): 222 Calories; 2g Fat (7.5% calories from fat); 3g Protein; 53g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	222	Vitamin B6 (mg):	.2mg
% Calories from Fat:	7.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	87.2%	Thiamin B1 (mg):	.1mg

% Calories from Protein: 5.4%
 Total Fat (g): 2g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): 1g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 53g
 Dietary Fiber (g): 18g
 Protein (g): 3g
 Sodium (mg): 1mg
 Potassium (mg): 749mg
 Calcium (mg): 82mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 122mg
 Vitamin A (i.u.): 702IU
 Vitamin A (r.e.): 69 1/2RE

Riboflavin B2 (mg): .2mg
 Folic Acid (mcg): 88mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refused: n n%

Food Exchanges

Grain (Starch): 1/2
 Lean Meat: 0
 Vegetable: 0
 Fruit: 3
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 222 Calories from Fat: 17

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	53g	18%
Dietary Fiber	18g	70%
Protein	3g	
Vitamin A		14%
Vitamin C		203%
Calcium		8%
Iron		9%

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