

# Apricot Glaze

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Yield: 1 cup

*3/4 cup apricot jam*  
*3 tablespoons water*

With a spatula, strain the apricot jam over a small saucepan.

Over low heat, melt the jam. Let cool for 2 minutes. Stir in the water.

With a pastry brush, glaze your choice of cake, baba or pastry. (If the glaze is too thick to spread easily, add a little water; if too runny, add a little strained jam.)

*Variation #1: Use strawberry, raspberry, cherry or other fruit jam. Add a few drops red or yellow food coloring, if desired.*

*Variation #2: Replace the water with rum or any other alcohol or liqueur.*

Per Serving (excluding unknown items): 581 Calories; trace Fat (0.7% calories from fat); 2g Protein; 155g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 97mg Sodium. Exchanges: 10 1/2 Other Carbohydrates.

Sauces

## Per Serving Nutritional Analysis

Calories (kcal):	581	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.1%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	79mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	155g	<b>Food Exchanges</b>	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	97mg	Vegetable:	0

**Potassium (mg):** 185mg  
**Calcium (mg):** 49mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 492IU  
**Vitamin A (r.e.):** 50 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 10 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 581 Calories from Fat: 4

### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	97mg	4%
<b>Total Carbohydrates</b>	155g	52%
Dietary Fiber	3g	12%
<b>Protein</b>	2g	
<b>Vitamin A</b>		10%
<b>Vitamin C</b>		35%
<b>Calcium</b>		5%
<b>Iron</b>		6%

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