

Strawberry Glaze

What's Cooking II

North American Institute of Modern Cuisine

Yield: 1 cup

3/4 cup strawberry jam

3 tablespoons water

With a spatula, strain the strawberry 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 apricot, 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	Food Exchanges	
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.): 29IU
Vitamin A (r.e.): 3RE

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*

Total Fat	trace	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	97mg	4%
Total Carbohydrates	155g	52%
Dietary Fiber	3g	11%
Protein	2g	
Vitamin A		1%
Vitamin C		35%
Calcium		5%
Iron		6%

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