

Broccoli & Cheese Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 2 1/2 cups

8 ounces broccoli

3 teaspoons cornflour

2/3 cup dry white wine

1 clove garlic

5 ounces low-fat soft cheese

salt (to taste)

pepper (to taste)

Trim the broccoli. Cook in a saucepan of boiling water for 10 minutes until tender. Drain, reserving two tablespoons of the cooking liquid.

Cool the broccoli. Puree' with the reserved liquid in a blender or food processor until smooth. Set the puree'd broccoli aside.

In a saucepan, blend the cornflour with the wine. Crush the garlic and add to the wine mixture. Bring slowly to a boil, stirring continuously, until the mixture thickens. Simmer gently for 3 minutes.

Remove the pan from the heat and stir in the soft cheese, puree'd broccoli, salt and pepper, mixing well. Reheat gently and adjust the seasoning before serving.

Serve hot or cold with poultry, beef or fish.

Per Serving (excluding unknown items): 149 Calories; trace Fat (7.4% calories from fat); 4g Protein; 9g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 46mg Sodium. Exchanges: 1 1/2 Vegetable.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	149	Vitamin B6 (mg):	.2mg
% Calories from Fat:	7.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	63.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	29.5%	Riboflavin B2 (mg):	.2mg

Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 9g
Dietary Fiber (g): 4g
Protein (g): 4g
Sodium (mg): 46mg
Potassium (mg): 586mg
Calcium (mg): 86mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 130mg
Vitamin A (i.u.): 4150IU
Vitamin A (r.e.): 415RE

Folacin (mcg): 99mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 106
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 149 **Calories from Fat:** 11

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	46mg	2%
Total Carbohydrates	9g	3%
Dietary Fiber	4g	17%
Protein	4g	
Vitamin A		83%
Vitamin C		216%
Calcium		9%
Iron		10%

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