

Green Grape Coulis

What's Cooking II

North American Institute of Modern Cuisine

Yield: 3 cups

2/3 cup water

3/4 cup sugar

2 cups green grapes

2 tablespoons lemon juice

2 tablespoons cornstarch

In a saucepan, bring to a boil the water and sugar. Add the grapes and lemon juice. Simmer for 3 minutes.

Dilute the cornstarch in a little water. Pour into the saucepan. Cook for 1 minute, stirring constantly.

For a smoother coulis, run the mixture through a blender then a sieve. Serve cold.

Per Serving (excluding unknown items): 770 Calories; trace Fat (0.0% calories from fat); 1g Protein; 200g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1 Grain(Starch); 2 Fruit; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 770 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 0.0% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 99.5% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 0.5% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 11mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Daily Value* | n.n% |
| Carbohydrate (g): | 200g | Food Exchanges | |
| Dietary Fiber (g): | 2g | Grain (Starch): | 1 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 11mg | Vegetable: | 0 |

Potassium (mg): 408mg
Calcium (mg): 33mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 21mg
Vitamin A (i.u.): 198IU
Vitamin A (r.e.): 20RE

Fruit: 2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 770 Calories from Fat: 0

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 11mg | 0% |
| Total Carbohydrates | 200g | 67% |
| Dietary Fiber | 2g | 7% |
| Protein | 1g | |
| <hr/> | | |
| Vitamin A | | 4% |
| Vitamin C | | 35% |
| Calcium | | 3% |
| Iron | | 1% |

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