

# Peach-Mango Coulis

*What's Cooking II*

*North American Institute of Modern Cuisine*

## Yield: 3 cups

*2/3 cup water*

*3/4 cup sugar*

*1 cup peaches, chopped*

*1 cup mangoes, chopped*

*2 tablespoons peach juice*

*2 tablespoons cornstarch*

In a saucepan, bring to a boil the water and sugar. Add the fruit and peach 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.

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Per Serving (excluding unknown items): 731 Calories; trace Fat (0.2% calories from fat); 1g Protein; 188g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Fruit; 10 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	731	Vitamin B6 (mg):	trace
% Calories from Fat:	0.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	6mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	188g	<b>Food Exchanges</b>	
Dietary Fiber (g):	4g	Grain (Starch):	1
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	0

**Potassium (mg):** 349mg  
**Calcium (mg):** 15mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 984IU  
**Vitamin A (r.e.):** 99 1/2RE

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 731 Calories from Fat: 1

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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	10mg	0%
<b>Total Carbohydrates</b>	188g	63%
Dietary Fiber	4g	15%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		20%
<b>Vitamin C</b>		21%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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