

# Plum Coulis

*What's Cooking II*

*North American Institute of Modern Cuisine*

## **Yield: 3 cups**

*2/3 cup water*

*3/4 cup sugar*

*2 cups canned prunes*

*2 tablespoons lemon juice*

*2 tablespoons cornstarch*

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

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Per Serving (excluding unknown items): 649 Calories; trace Fat (0.0% calories from fat); trace Protein; 167g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 10 Other Carbohydrates.

Desserts

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	649	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	0.0%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	99.9%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	0.1%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	167g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	1
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	8mg	<b>Vegetable:</b>	0

**Potassium (mg):** 41mg  
**Calcium (mg):** 7mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 6IU  
**Vitamin A (r.e.):** 1/2RE

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 649 Calories from Fat: 0

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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	8mg	0%
<b>Total Carbohydrates</b>	167g	56%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		23%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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