

Strawberry-Cranberry Coulis

What's Cooking II

North American Institute of Modern Cuisine

Yield: 3 cups

2/3 cup water

3/4 cup sugar

1 cup strawberries

1 cup cranberries

2 tablespoons cranberry juice

2 tablespoons cornstarch

In a saucepan, bring to a boil the water and sugar. Add the fruit and cranberry 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): 750 Calories; 1g Fat (0.8% calories from fat); 1g Protein; 191g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1 Grain(Starch); 2 Fruit; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	750	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	28mcg
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):	191g	Food Exchanges	
Dietary Fiber (g):	7g	Grain (Starch):	1
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	11mg	Vegetable:	0

Potassium (mg): 322mg
Calcium (mg): 33mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 108mg
Vitamin A (i.u.): 85IU
Vitamin A (r.e.): 9RE

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

Nutrition Facts

Amount Per Serving

Calories 750 Calories from Fat: 6

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	191g	64%
Dietary Fiber	7g	30%
Protein	1g	
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Vitamin A		2%
Vitamin C		180%
Calcium		3%
Iron		5%

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