

Anchovy Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 1 1/2 cups

1 can (2 ounce) anchovies
3 teaspoons low-fat spread
6 teaspoons plain flour
1 1/4 cups semi-skimmed milk
1 tablespoon lemon juice
salt (to taste)
pepper (to taste)

Chop the anchovies finely and set aside.

In a saucepan, melt the low-fat spread over a low heat. Stir in the flour. Cook for 1 minute, stirring. Remove the pan from the heat. Gradually stir or whisk in the milk.

Bring slowly to a boil, stirring or whisking. Continue to cook until the mixture thickens. Simmer gently for 3 minutes.

Add the anchovies to the sauce with the lemon juice, salt and pepper, mixing well.

Reheat the sauce gently and adjust the seasoning before serving.

Serve with fish or shellfish.

Per Serving (excluding unknown items): 12 Calories; trace Fat (25.3% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 147mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	12	Vitamin B6 (mg):	trace
% Calories from Fat:	25.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	38.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	35.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	3mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	147mg
Potassium (mg):	41mg
Calcium (mg):	10mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	6IU
Vitamin A (r.e.):	1RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	12	Calories from Fat: 3
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% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	3mg	1%
Sodium	147mg	6%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	1g	
Vitamin A		0%
Vitamin C		12%
Calcium		1%
Iron		1%

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