

Blackberry Sauce

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Recipes.com

Servings: 10

Yield: 2 1/2 cups

*2 packages (10 ounce ea) frozen
blackberries*

1/3 cup sugar

1/3 cup water

2 tablespoons cornstarch

Set aside two cups of the blackberries.

In a medium saucepan, combine the remaining berries, sugar and 1/4 cup of water. Cook, stirring, over medium heat until the sugar is dissolved and the berries are thawed, about 5 minutes.

Combine the remaining water with the cornstarch. Stir until dissolved. Add back to the saucepan and cook until the sauce has thickened, about 1 minute.

Remove the pan from the heat and add the reserved berries, stirring gently.

Per Serving (excluding unknown items): 51 Calories; trace Fat (2.2% calories from fat); trace Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	51	Vitamin B6 (mg):	trace
% Calories from Fat:	2.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g):	13g
Dietary Fiber (g):	2g
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	42mg
Calcium (mg):	9mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	34IU
Vitamin A (r.e.):	3 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	51	Calories from Fat: 1
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	13g	4%
Dietary Fiber	2g	6%
Protein	trace	

Vitamin A	1%
Vitamin C	2%
Calcium	1%
Iron	1%

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