

# Caper Sauce

*Step-By-Step Sauces*  
*Salamander Books, Ltd. - London, England*

## Yield: 1 1/4

*6 teaspoons low-fat spread*  
*1/4 cup plain flour*  
*1 1/4 cups semi-skimmed milk*  
*2 tablespoons capers*  
*2 teaspoons vinegar (from the jar of capers)*  
*salt (to taste)*  
*pepper (to taste)*

In a saucepan, melt the spread over a low heat. Stir in the flour. Cook for 1 minute, stirring.

Remove the pan from the heat and 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. Remove the pan from the heat.

Stir in the capers and vinegar.

Season with salt and pepper.

Reheat gently before serving.

Serve with lamb.

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Per Serving (excluding unknown items): 2 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 155mg Sodium. Exchanges: 0 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	2	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg

Monounsaturated Fat (g): 0g  
 Polyunsaturated Fat (g): 0g  
 Cholesterol (mg): 0mg  
 Carbohydrate (g): 0g  
 Dietary Fiber (g): 0g  
 Protein (g): 0g  
 Sodium (mg): 155mg  
 Potassium (mg): 5mg  
 Calcium (mg): 0mg  
 Iron (mg): 0mg  
 Zinc (mg): 0mg  
 Vitamin C (mg): 0mg  
 Vitamin A (i.u.): 0IU  
 Vitamin A (r.e.): 0RE

Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Refuse: 0 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 2                      Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	155mg	6%
<b>Total Carbohydrates</b>	0g	0%
Dietary Fiber	0g	0%
<b>Protein</b>	0g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		0%
<b>Iron</b>		0%

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