

# Caramel Sauce II

*Step-By-Step Sauces*

*Salamander Books Ltd. - London, England*

## **Yield: 1 3/4 cups**

*3/4 cup soft brown sugar*

*1/2 cup caster sugar*

*3 teaspoons arrowroot*

Place the sugars in a saucepan with two cups of water. Heat the mixture gently until the sugar has dissolved. Bring slowly to a boil. Simmer gently for 10 minutes, stirring occasionally.

In a small bowl, blend the arrowroot with two tablespoons of water. Whisk the arrowroot mixture into the sugar. Mix well. Reheat the sauce gently until the sauce thickens, stirring continuously.

Serve with fruit such as oranges or bananas.

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Per Serving (excluding unknown items): 29 Calories; trace Fat (0.2% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Grain(Starch).

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	29
<b>% Calories from Fat:</b>	0.2%
<b>% Calories from Carbohydrates:</b>	99.4%
<b>% Calories from Protein:</b>	0.3%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	0g
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	7g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace

<b>Vitamin B6 (mg):</b>	0mg
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	0mg
<b>Riboflavin B2 (mg):</b>	0mg
<b>Folacin (mcg):</b>	1mcg
<b>Niacin (mg):</b>	0mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

## **Food Exchanges**

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	0

**Sodium (mg):** trace  
**Potassium (mg):** 1mg  
**Calcium (mg):** 3mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

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

## Nutrition Facts

### Amount Per Serving

**Calories** 29 **Calories from Fat:** 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	
<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.