

Ginger Sauce

Step-By-Step Sauces

Salamander Books, Ltd. - London, England

Yield: 3/4 cup

*1/4 cup caster sugar
2 ounces preserved stem ginger
12 teaspoons syrup from stem ginger
2 tablespoons lemon juice
1 teaspoon arrowroot*

Place the sugar in a saucepan with 2/3 cup of water. Heat gently until the sugar has dissolved, stirring. Bring to a boil and boil for 5 minutes.

Chop the stem ginger finely. Stir into the sugar mixture with the ginger syrup and lemon juice. Mix well.

In a small bowl, blend the arrowroot with one tablespoon of water until smooth.

Stir the arrowroot mixture into the sauce. Reheat gently, stirring continuously, until the sauce thickens.

Serve with fresh melon, fresh fruit salad or hot steamed puddings.

Per Serving (excluding unknown items): 17 Calories; trace Fat (0.1% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	17	Vitamin B6 (mg):	trace
% Calories from Fat:	0.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	trace
Potassium (mg):	38mg
Calcium (mg):	3mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	6IU
Vitamin A (r.e.):	1/2RE

Alcohol (kcal):	0
% Refuse:	0.00%

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	17	Calories from Fat: 0
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		0%
Vitamin C		23%
Calcium		0%
Iron		0%

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