

Grand Marnier Sauce

What's Cooking II
North American Institute of Modern Cuisine

Yield: 1 1/2 cups

1 cup milk
1 egg
3 tablespoons sugar
pinch salt
1 ounce Grand Marnier
1/4 cup pistachios (optional)

In a double-boiler, while whisking vigorously, heat the milk, egg, sugar and salt until thickened.

Off heat, add the Grand Marnier.

Fold in the pistachios, if desired.

Per Serving (excluding unknown items): 473 Calories; 13g Fat (28.5% calories from fat); 14g Protein; 60g Carbohydrate; 0g Dietary Fiber; 245mg Cholesterol; 190mg Sodium. Exchanges: 1 Lean Meat; 1 Non-Fat Milk; 2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	473	Vitamin B6 (mg):	.2mg
% Calories from Fat:	28.5%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	57.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	13g	Folacin (mcg):	36mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	104
Cholesterol (mg):	245mg	% Refuse:	0.00%
Carbohydrate (g):	60g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	1
Sodium (mg):	190mg	Vegetable:	0
Potassium (mg):	437mg	Fruit:	0
Calcium (mg):	318mg	Non-Fat Milk:	1
Iron (mg):	1mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	2 1/2

Vitamin C (mg): 2mg
Vitamin A (i.u.): 551IU
Vitamin A (r.e.): 162 1/2RE

Nutrition Facts

Amount Per Serving

Calories	473	Calories from Fat: 135
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% Daily Values*

Total Fat	13g	20%
Saturated Fat	7g	33%
Cholesterol	245mg	82%
Sodium	190mg	8%
Total Carbohydrates	60g	20%
Dietary Fiber	0g	0%
Protein	14g	
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Vitamin A		11%
Vitamin C		4%
Calcium		32%
Iron		6%

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