

Green Peppercorn Sauce

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

Yield: 1 1/2 cups

3 teaspoons low-fat spread
6 teaspoons plain flour
2/3 cup vegetable stock
2/3 cup semi-skimmed milk
1 tablespoon green peppercorns
1/4 cup smoked hard cheese, finely
grated
salt (to taste)
pepper (to taste)

In a saucepan, melt the low-fat spread over low heat. Whisk in the flour and cook for 1 minute, whisking.

Remove the pan from the heat. Gradually whisk in the stock and milk. Bring slowly to a boil, whisking, and continue to cook until the mixture thickens. Simmer gently for 3 minutes. Remove the pan from the heat.

Chop or crush the peppercorns. Stir the peppercorns and cheese into the sauce. Season with salt and pepper. Reheat gently but do not allow the sauce to boil.

Serve with lamb, pork or poultry.

Per Serving (excluding unknown items): 152 Calories; 3g Fat (16.7% calories from fat); 6g Protein; 29g Carbohydrate; 7g Dietary Fiber; 2mg Cholesterol; 1081mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	152	Vitamin B6 (mg):	.1mg
% Calories from Fat:	16.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	69.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	17mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	2mg
Carbohydrate (g):	29g
Dietary Fiber (g):	7g
Protein (g):	6g
Sodium (mg):	1081mg
Potassium (mg):	478mg
Calcium (mg):	100mg
Iron (mg):	6mg
Zinc (mg):	1mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	2805IU
Vitamin A (r.e.):	281RE

% Daily Values*

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 152 Calories from Fat: 25

% Daily Values*

Total Fat 3g	5%
Saturated Fat 1g	4%
Cholesterol 2mg	1%
Sodium 1081mg	45%
Total Carbohydrates 29g	10%
Dietary Fiber 7g	27%
Protein 6g	
Vitamin A	56%
Vitamin C	11%
Calcium	10%
Iron	36%

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