

Lemon Sauce II

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 2 1/4 cups

1 1/4 cups low-fat plain yogurt

4 ounces low-fat soft cheese

1/3 cup icing sugar

juice of two lemons

rind of two lemons, finely grated

In a bowl, whisk together the yogurt and soft cheese. Sift the icing sugar and stir into the yogurt mixture. Mix well.

Stir in the lemon rind and lemon juice. Mix thoroughly.

Cover and leave the sauce in a cool place for 30 minutes before serving to allow the flavors to develop.

Serve with sponge puddings or fresh fruit compote.

Per Serving (excluding unknown items): 154 Calories; trace Fat (0.2% calories from fat); 0g Protein; 39g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 2 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	154
% Calories from Fat:	0.2%
% Calories from Carbohydrates:	99.8%
% Calories from Protein:	0.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	39g
Dietary Fiber (g):	0g

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

Food Exchanges

Grain (Starch):	0
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Protein (g): 0g
Sodium (mg): trace
Potassium (mg): 1mg
Calcium (mg): trace
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 154 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	39g	13%
Dietary Fiber	0g	0%
Protein	0g	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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