

Lemon Sauce III

Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft, Inc.

Servings: 10

3/4 cup sugar
2 tablespoons cornstarch
1/4 cup water
1/4 cup lemon juice
2 egg yolks, beaten

In a saucepan, combine the sugar and cornstarch. Gradually add the water and the juice. Cook, stirring constantly, until the mixture is clear and thickened.

Stir a small amount of the hot mixture into the egg yolks. Return to the hot mixture. Cook, stirring constantly, over low heat until thickened.

Cool.

Per Serving (excluding unknown items): 78 Calories; 1g Fat (11.6% calories from fat); 1g Protein; 17g Carbohydrate; trace Dietary Fiber; 43mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):		78	Vitamin B6 (mg):		trace
% Calories from Fat:		11.6%	Vitamin B12 (mcg):		.1mcg
% Calories from Carbohydrates:		85.5%	Thiamin B1 (mg):		trace
% Calories from Protein:		2.9%	Riboflavin B2 (mg):		trace
Total Fat (g):		1g	Folacin (mcg):		6mcg
Saturated Fat (g):		trace	Niacin (mg):		trace
Monounsaturated Fat (g):		trace	Caffeine (mg):		0mg
Polyunsaturated Fat (g):		trace	Alcohol (kcal):		0
Cholesterol (mg):		43mg	% Daily Value*		on on%
Carbohydrate (g):		17g	Food Exchanges		
Dietary Fiber (g):		trace	Grain (Starch):		0
Protein (g):		1g	Lean Meat:		0
Sodium (mg):		2mg	Vegetable:		0

Potassium (mg): 11mg
Calcium (mg): 5mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 66IU
Vitamin A (r.e.): 19 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 78 Calories from Fat: 9

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	2%
Cholesterol	43mg	14%
Sodium	2mg	0%
Total Carbohydrates	17g	6%
Dietary Fiber	trace	0%
Protein	1g	

Vitamin A	1%
Vitamin C	5%
Calcium	1%
Iron	1%

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