

# Lemon Sauce

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Yield: 1 1/2 cups

1/2 cup water  
1/3 cup sugar  
1/3 cup lemon peel  
1 tablespoon cornstarch  
1 cup lemon juice

In a saucepan, boil the water, sugar and lemon peel for 5 minutes.

Meanwhile, dissolve the cornstarch in the lemon juice. While stirring, fold into the boiling liquid mixture in a thin stream. Cook until the sauce thickens, stirring constantly.

Remove from the heat. Let cool and serve.

Per Serving (excluding unknown items): 367 Calories; trace Fat (0.1% calories from fat); 1g Protein; 99g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Fruit; 4 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

|                                |       |                       |       |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal):               | 367   | Vitamin B6 (mg):      | .2mg  |
| % Calories from Fat:           | 0.1%  | Vitamin B12 (mcg):    | 0mcg  |
| % Calories from Carbohydrates: | 98.5% | Thiamin B1 (mg):      | .1mg  |
| % Calories from Protein:       | 1.4%  | Riboflavin B2 (mg):   | trace |
| Total Fat (g):                 | trace | Folacin (mcg):        | 36mcg |
| Saturated Fat (g):             | trace | Niacin (mg):          | trace |
| Monounsaturated Fat (g):       | trace | Caffeine (mg):        | 0mg   |
| Polyunsaturated Fat (g):       | trace | Alcohol (kcal):       | 0     |
| Cholesterol (mg):              | 0mg   | % Refused:            | 0.0%  |
| Carbohydrate (g):              | 99g   | <b>Food Exchanges</b> |       |
| Dietary Fiber (g):             | 4g    | Grain (Starch):       | 1/2   |
| Protein (g):                   | 1g    | Lean Meat:            | 0     |
| Sodium (mg):                   | 9mg   | Vegetable:            | 0     |
| Potassium (mg):                | 355mg | Fruit:                | 2     |

**Calcium (mg):** 63mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 153mg  
**Vitamin A (i.u.):** 65IU  
**Vitamin A (r.e.):** 6 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 4 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 367 Calories from Fat: 0

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | trace | 0%  |
| Saturated Fat              | trace | 0%  |
| <b>Cholesterol</b>         | 0mg   | 0%  |
| <b>Sodium</b>              | 9mg   | 0%  |
| <b>Total Carbohydrates</b> | 99g   | 33% |
| Dietary Fiber              | 4g    | 17% |
| <b>Protein</b>             | 1g    |     |

|                  |      |
|------------------|------|
| <b>Vitamin A</b> | 1%   |
| <b>Vitamin C</b> | 255% |
| <b>Calcium</b>   | 6%   |
| <b>Iron</b>      | 2%   |

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