

Mango Sauce

Step-By-Step Sauces

Salamander Books, Ltd. - London, England

Yield: 3 1/4 cups

1 mango

3 tablespoons low-fat spread

1/2 cup plain flour

2 cups semi-skimmed milk

1/3 cup soft brown sugar

Peel and stone the mango. Chop the flesh roughly. Place the mango in a blender or food processor. Blend until smooth. Set aside.

In a saucepan, melt the low-fat spread over a low heat. Stir in the flour. Cook for 1 minute stirring.

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

Remove the pan from the heat. Stir in the puree'd mango and sugar, mixing well. Reheat the sauce gently before serving.

Serve with tropical fresh fruit salad or fruit compote.

Per Serving (excluding unknown items): 135 Calories; 1g Fat (3.3% calories from fat); 1g Protein; 35g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 2 1/2 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	135	Vitamin B6 (mg):	.3mg
% Calories from Fat:	3.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	29mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 35g
Dietary Fiber (g): 5g
Protein (g): 1g
Sodium (mg): 4mg
Potassium (mg): 323mg
Calcium (mg): 21mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 57mg
Vitamin A (i.u.): 8061IU
Vitamin A (r.e.): 805RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 135 **Calories from Fat:** 4

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	35g	12%
Dietary Fiber	5g	19%
Protein	1g	
Vitamin A		161%
Vitamin C		96%
Calcium		2%
Iron		1%

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