

Maple Nut Sauce

What's Cooking II

North American Institute of Modern Cuisine

Yield: 2 cups

1 cup water

1 cup maple syrup

1 tablespoon cornstarch

2 drops vanilla extract

1/2 cup nuts, chopped

In a saucepan, bring the water to a boil. Add the maple syrup.

In a small bowl, dissolve the cornstarch in one tablespoon of cold water. Fold into the liquid mixture. Cook for 4 minutes or until the sauce thickens.

Mix in the vanilla extract and nuts.

Serve hot or cold.

Per Serving (excluding unknown items): 1294 Calories; 41g Fat (27.1% calories from fat); 12g Protein; 234g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 7 Fat; 14 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1294
% Calories from Fat:	27.1%
% Calories from Carbohydrates:	69.4%
% Calories from Protein:	3.5%
Total Fat (g):	41g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	0mg
Carbohydrate (g):	234g
Dietary Fiber (g):	7g
Protein (g):	12g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	59mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	1 1/2

Sodium (mg): 44mg
Potassium (mg): 1055mg
Calcium (mg): 406mg
Iron (mg): 6mg
Zinc (mg): 4mg
Vitamin C (mg): trace
Vitamin A (i.u.): 13IU
Vitamin A (r.e.): 1 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 14

Nutrition Facts

Amount Per Serving

Calories 1294 **Calories from Fat:** 350

% Daily Values*

Total Fat	41g	62%
Saturated Fat	6g	32%
Cholesterol	0mg	0%
Sodium	44mg	2%
Total Carbohydrates	234g	78%
Dietary Fiber	7g	28%
Protein	12g	
Vitamin A		0%
Vitamin C		1%
Calcium		41%
Iron		34%

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