

# Melba Sauce

*Step-By-Step Sauces*  
*Salamander Books Ltd. - London, England*

## Yield: 2 1/3 cups

*1 pound raspberries*  
*1/4 cup icing sugar*  
*9 teaspoons medium white wine*  
*1 teaspoon arrowroot*

Place the raspberries in a saucepan with two tablespoons of water. Cover and cook the raspberries gently until they are soft. Remove the pan from the heat and set aside to cool.

Once cool, strain the raspberries through a nylon sieve, discarding the pips. Sift the icing sugar and place in the saucepan with the raspberry sauce and wine. Mix well. Heat the sauce gently until the sugar has dissolved. Bring to a boil. Remove the pan from the heat.

In a small bowl, blend the arrowroot with one tablespoon of water. Stir the arrowroot mixture into the raspberry sauce. Reheat gently until the sauce thickens, stirring continuously.

Serve hot or cold with peaches, low-fat ice cream or sorbet.

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Per Serving (excluding unknown items): 340 Calories; 2g Fat (5.7% calories from fat); 4g Protein; 82g Carbohydrate; 30g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 3 Fruit; 2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	340	Vitamin B6 (mg):	.2mg
% Calories from Fat:	5.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	114mcg
			4mg

**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 82g  
**Dietary Fiber (g):** 30g  
**Protein (g):** 4g  
**Sodium (mg):** trace  
**Potassium (mg):** 663mg  
**Calcium (mg):** 97mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 109mg  
**Vitamin A (i.u.):** 567IU  
**Vitamin A (r.e.):** 56 1/2RE

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

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 3  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 2

## Nutrition Facts

### Amount Per Serving

**Calories** 340 **Calories from Fat:** 19

### % Daily Values\*

<b>Total Fat</b>	2g	4%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	82g	27%
Dietary Fiber	30g	119%
<b>Protein</b>	4g	
<b>Vitamin A</b>		11%
<b>Vitamin C</b>		182%
<b>Calcium</b>		10%
<b>Iron</b>		13%

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