

# Orange Sauce

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

## Yield: 2 cups

*2 tablespoons cornstarch*  
*2 cups orange juice*  
*3/4 cup sugar*  
*1 1/2 cups oranges, peeled, pith removed and sectioned*

In a bowl, dissolve the cornstarch in 1/3 cup of orange juice.

In a saucepan, bring to a boil the remaining orange juice and sugar. Off heat, whisk in the diluted cornstarch.

Bring back to a boil. Remove from the heat. Let cool slightly. Fold in the orange sections.

Serve.

---

Per Serving (excluding unknown items): 992 Calories; 1g Fat (1.1% calories from fat); 6g Protein; 248g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 Grain(Starch); 6 Fruit; 10 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	992	Vitamin B6 (mg):	.3mg
% Calories from Fat:	1.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.5%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	1g	Folacin (mcg):	355mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0%
Carbohydrate (g):	248g	<b>Food Exchanges</b>	
Dietary Fiber (g):	8g	Grain (Starch):	1
Protein (g):	6g	Lean Meat:	0

**Sodium (mg):** 8mg  
**Potassium (mg):** 1484mg  
**Calcium (mg):** 164mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 392mg  
**Vitamin A (i.u.):** 1546IU  
**Vitamin A (r.e.):** 304 1/2RE

**Vegetable:** 0  
**Fruit:** 6  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 10

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	992	Calories from Fat: 11
-----------------	-----	-----------------------

### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	8mg	0%
<b>Total Carbohydrates</b>	248g	83%
Dietary Fiber	8g	30%
<b>Protein</b>	6g	
<b>Vitamin A</b>		31%
<b>Vitamin C</b>		653%
<b>Calcium</b>		16%
<b>Iron</b>		8%

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