

Oyster Sauce

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

Yield: 1 1/3 cups

6 teaspoons low-fat spread
1/4 cup plain flour
1 1/4 cups fish stock
10 fresh oysters, cooked
1 tablespoon fresh parsley, chopped
rind of one-half lemon, finely grated
salt (to taste)
pepper (to taste)

In a saucepan, melt the low-fat spread over low heat. Stir in the flour and cook for 1 minute, stirring. Remove the pan from the heat and gradually whisk in the fish stock. Bring slowly to a boil, whisking. Continue to cook until the moisture thickens.

Simmer gently for 3 minutes. Remove the pan from the heat.

Open the oysters. Remove from the shells and chop roughly.

Stir the oysters, parsley, lemon rind, salt and pepper into the sauce. Reheat gently. Adjust the seasoning before serving.

Serve with fish, pasta or rice.

Per Serving (excluding unknown items): 185 Calories; 9g Fat (59.9% calories from fat); 7g Protein; 7g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 474mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	185	Vitamin B6 (mg):	.1mg
% Calories from Fat:	59.9%	Vitamin B12 (mcg):	16.3mcg
% Calories from Carbohydrates:	20.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	23mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg

Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	65mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	474mg
Potassium (mg):	309mg
Calcium (mg):	84mg
Iron (mg):	6mg
Zinc (mg):	77mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	567IU
Vitamin A (r.e.):	73RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	185	Calories from Fat: 111
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% Daily Values*

Total Fat	9g	14%
Saturated Fat	5g	26%
Cholesterol	65mg	22%
Sodium	474mg	20%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	4%
Protein	7g	
Vitamin A		11%
Vitamin C		26%
Calcium		8%
Iron		34%

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