

Parsley Sauce II

Step-By-Step Sauces

Salamander Books, Ltd. - London, England

Yield: 1 1/4

6 teaspoons low-fat spread

1/4 cup plain flour

1 1/4 cups semi-skimmed milk

salt (to taste)

pepper (to taste)

*2 tablespoons fresh parsley, finely
chopped*

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

Remove the pan from the heat and gradually stir
or whisk in the milk. Bring slowly to a boil,
stirring or whisking. Continue to cook until the
mixture thickens.

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

Season with salt and pepper.

Stir in the parsley.

Serve with fish, ham or bacon.

Per Serving (excluding unknown
items): 3 Calories; trace Fat (16.0%
calories from fat); trace Protein;
trace Carbohydrate; trace Dietary
Fiber; 0mg Cholesterol; 4mg
Sodium. Exchanges: 0 Vegetable.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	3	Vitamin B6 (mg):	trace
% Calories from Fat:	16.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	57.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	26.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	11mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	4mg
Potassium (mg):	42mg
Calcium (mg):	10mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	390IU
Vitamin A (r.e.):	39RE

% Refused: 0.00%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 3 **Calories from Fat:** 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		8%
Vitamin C		17%
Calcium		1%
Iron		3%

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