

# Plum Sauce

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

## **Yield: 2 1/2 cups**

*12 ounces red dessert plums*  
*juice of one orange*  
*rind of one orange, finely grated*  
*1/4 cup caster sugar*  
*1/2 teaspoon ground cinnamon*  
*3 teaspoons brandy*

Halve and stone the plums. Place the plums in a saucepan with 2/3 cup of cold water.

Bring slowly to a boil. Cover and simmer until the plums are soft. Remove the pan from the heat and set aside to cool. Once cool, puree the plums and juice in a blender or food processor until smooth.

Return the sauce to a saucepan. Stir in the orange rind, orange juice, sugar, cinnamon and brandy. Mix well.

Reheat the sauce gently before serving.

Serve with lamb, pork or beef.

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Per Serving (excluding unknown items): 37 Calories; trace Fat (7.7% calories from fat); trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	37	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	7.7%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	88.1%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	4.2%	<b>Riboflavin B2 (mg):</b>	0mg
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	trace
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	34

Cholesterol (mg): 0mg  
 Carbohydrate (g): 1g  
 Dietary Fiber (g): 1g  
 Protein (g): trace  
 Sodium (mg): trace  
 Potassium (mg): 6mg  
 Calcium (mg): 14mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): trace  
 Vitamin A (i.u.): 3IU  
 Vitamin A (r.e.): 1/2RE

% Refuse: 0.0%

## 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 37      Calories from Fat: 3

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	1g	2%
<b>Protein</b>	trace	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		1%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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