Raspberry Sauce (Coulis de Framboises)

Anton Mosimann (Cuisine a la Carte)
The Good Cook Sauces - Time-Life Books

Yield: 1 cup
1 1/2 cups ripe raspberries
1/4 cup superfine sugar
3 tablespoons fresh lemon juice
1 tablespoon raspberry liqueur

Puree' the raspberries in a blender. Stir in the sugar.

Flavor with the lemon juice and the raspberry liqueur.

Strain the puree' through a fine-meshed sieve to remove the seeds.

Classically, this sauce is served with fresh strawberries or raspberries. It also goes well with poached fruit, angel food cake or poundcake, and ice cream or sherbet.

To ensure that this sauce has a fresh taste, it is very important to use only the freshest and ripest raspberries.

Per Serving (excluding unknown items): 59 Calories; 0g Fat (0.0% calories from fat); trace Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	59	**Vitamin B6 (mg):**	trace
% Calories from Fat:	0.0%	**Vitamin B12 (mcg):**	0mcg
% Calories from Carbohydrates:	98.0%	**Thiamin B1 (mg):**	trace
% Calories from Protein:	2.0%	**Riboflavin B2 (mg):**	trace
Total Fat (g):	0g	**Folacin (mcg):**	6mcg
Saturated Fat (g):	0g	**Niacin (mg):**	trace
Monounsaturated Fat (g):	0g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	0g	**Alcohol (kcal):**	48
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	8g		

Food Exchanges

Dietary Fiber (g):	trace	**Grain (Starch):**	0
Protein (g):	trace	**Lean Meat:**	0
Sodium (mg):	1mg	**Vegetable:**	0
Potassium (mg):	57mg	**Fruit:**	1/2
Calcium (mg):	3mg	**Non-Fat Milk:**	0

Iron (mg):	trace	**Fat:**	0
Zinc (mg):	trace	**Other Carbohydrates:**	0
Vitamin C (mg):	21mg		
Vitamin A (i.u.):	9IU		
Vitamin A (r.e.):	1RE		

Nutrition Facts

Amount Per Serving

Calories	59	Calories from Fat: 0

% Daily Values*

Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrates 8g		3%
Dietary Fiber trace		1%
Protein trace		

Vitamin A	0%
Vitamin C	35%
Calcium	0%
Iron	0%

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