Raspberry Sauce II

Ladies Home Journal - Delicious Desserts

3 cups fresh raspberries 1 tablespoon balsamic vinegar 1/4 cup sugar 1 teaspoon cornstarch In a blender, combine the raspberries and vinegar. Cover and blend until smooth.

Strain the berry mixture; discard the seeds.

In a saucepan, combine the sugar and cornstarch. Add the strained berry mixture. Cook and stir until bubbly. Cook and stir for 2 minutes more.

Cover and chill for at least one hour.

Per Serving (excluding unknown items): 392 Calories; 2g Fat (4.3% calories from fat); 3g Protein; 97g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fruit; 3 1/2 Other Carbohydrates.

Desserts

Dar Carvina Mutritional Analysis

Calories (kcal): % Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g):	392 4.3% 92.5% 3.2% 2g trace trace	Vitamin B6 (mg): Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg):	.2mg Omcg Omg .2mg 99mcg 3mg Omg
Polyunsaturated Fat (g): Cholesterol (mg):	1g 0mg	Alcohol (kcal):	n n%
Carbohydrate (g):	97g	Food Exchanges	
Dietary Fiber (g):	26g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0

Potassium (mg):	595mg	Fruit:	2 1/2
Calcium (mg):	85mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	0
Zinc (mg):	2mg	Other Carbohydrates:	3 1/2
Vitamin C (mg):	95mg		
Vitamin A (i.u.):	494IU		
Vitamin A (r.e.):	49 1/2RE		

Nutrition Facts

Amount Per Serving				
Calories 392	Calories from Fat: 17			
	% Daily Values*			
Total Fat 2g Saturated Fat trace	3% 0%			
Cholesterol 0mg Sodium 1mg	0% 0%			
Total Carbohydrates 97g Dietary Fiber 26g Protein 3g	32% 103%			
Vitamin A Vitamin C Calcium Iron	10% 158% 9% 12%			

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