

Raspberry-Black Pepper Sauce

Publix Aprons
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3/4 cup water
3/4 cup sugar
1/2 pint (5 to 6 ounces) fresh
raspberries
1 jar (10 to 13 ounce) raspberry
preserves
2 teaspoons freshly ground black
pepper

In a medium saucepan, combine the water, sugar and berries. Bring to a boil on medium-high. Reduce the heat to a simmer. Cook for 5 minutes.

Stir in the preserves and pepper until the preserves dissolve. Remove from the heat.

Serve the sauce over chicken, pork, beef, lamb or even salmon.

Per Serving (excluding unknown items): 592 Calories; trace Fat (0.2% calories from fat); trace Protein; 153g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 10 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	592	Vitamin B6 (mg):	trace
% Calories from Fat:	0.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.5%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	on on%
Carbohydrate (g):	153g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	9mg	Vegetable:	0

Potassium (mg): 58mg
Calcium (mg): 24mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 9IU
Vitamin A (r.e.): 1RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 592 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	153g	51%
Dietary Fiber	1g	5%
Protein	trace	
Vitamin A		0%
Vitamin C		2%
Calcium		2%
Iron		7%

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