

# Spicy Sauce

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Yield: 2 cups

*2 cups milk*  
*1/2 cup sugar*  
*1 cinnamon stick*  
*1 egg yolk*  
*1 tablespoon cornstarch*  
*1 teaspoon ginger*  
*pinch nutmeg*

In a saucepan, boil the milk and sugar. Add the cinnamon.

In a bowl, whip together the egg yolk and cornstarch. Fold in three tablespoons of the hot milk. Stir into the saucepan. Over low heat, cook for 2 minutes or until the sauce thickens.

Add the spices, mixing well.

Serve cold.

---

Per Serving (excluding unknown items): 818 Calories; 22g Fat (23.4% calories from fat); 20g Protein; 142g Carbohydrate; 8g Dietary Fiber; 279mg Cholesterol; 252mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Non-Fat Milk; 4 Fat; 6 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	818	Vitamin B6 (mg):	.3mg
% Calories from Fat:	23.4%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	67.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	22g	Folacin (mcg):	53mcg
Saturated Fat (g):	12g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	279mg	% Daily Value*	on on%
Carbohydrate (g):	142g	<b>Food Exchanges</b>	
Dietary Fiber (g):	8g	Grain (Starch):	1 1/2
Protein (g):	20g	Lean Meat:	1/2

**Sodium (mg):** 252mg  
**Potassium (mg):** 849mg  
**Calcium (mg):** 776mg  
**Iron (mg):** 6mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 976IU  
**Vitamin A (r.e.):** 286RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 2  
**Fat:** 4  
**Other Carbohydrates:** 6 1/2

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	818	Calories from Fat: 191
-----------------	-----	------------------------

### % Daily Values\*

<b>Total Fat</b>	22g	34%
Saturated Fat	12g	59%
<b>Cholesterol</b>	279mg	93%
<b>Sodium</b>	252mg	11%
<b>Total Carbohydrates</b>	142g	47%
Dietary Fiber	8g	31%
<b>Protein</b>	20g	
<b>Vitamin A</b>		20%
<b>Vitamin C</b>		14%
<b>Calcium</b>		78%
<b>Iron</b>		35%

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