

Apricot Jam Sauce

*Massey and Son's Comprehensive Pudding Book
The Good Cook Sauces - Time-Life Books*

Yield: 2 cups

*1 pound (1-1/2 cups) apricot jam,
sieved*

3 tablespoons fresh lemon juice

3/4 cup sherry

2 tablespoons sugar syrup

In a saucepan, stir the lemon juice, sherry and syrup into the sieved apricot jam.

Bring to a boil, stirring constantly, and serve hot.

This fragrant sauce goes well with puddings and cakes.

Per Serving (excluding unknown items): 340 Calories; trace Fat (0.2% calories from fat); 1g Protein; 39g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	340
% Calories from Fat:	0.2%
% Calories from Carbohydrates:	97.8%
% Calories from Protein:	2.0%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	39g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	20mg
Potassium (mg):	230mg
Calcium (mg):	24mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	23mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	248
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1 1/2

Vitamin A (i.u.): 50IU
Vitamin A (r.e.): 5RE

Nutrition Facts

Amount Per Serving

Calories	340	Calories from Fat: 1
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrates	39g	13%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		1%
Vitamin C		38%
Calcium		2%
Iron		6%

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