

# Fresh Peach Dessert Sauce

Jean Hamilton - Bolivar, TN  
Southern Living - 1987 Annual Recipes

**Yield: 1 1/3 cups**

3 tablespoons sugar  
2 teaspoons cornstarch  
1/2 cup water  
pinch ground nutmeg  
2 large peaches, pared and sliced  
1/4 teaspoon almond extract

In a small saucepan, combine the sugar, cornstarch, water and nutmeg, stirring until smooth.

Add the peaches. Cook over medium heat, stirring constantly, until the mixture boils. Boil for 1 minute.

Remove from the heat.

Stir in the almond extract.

Serve warm over pound cake.

Per Serving (excluding unknown items): 251 Calories; trace Fat (0.6% calories from fat); 1g Protein; 64g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Fruit; 2 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

Calories (kcal):	251	Vitamin B6 (mg):	trace
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	2
Cholesterol (mg):	0mg	% Daily Value:	0 0%
Carbohydrate (g):	64g		
	4g		

**Food Exchanges**

1/2  
1

Dietary Fiber (g):  
 Protein (g): 1g  
 Sodium (mg): 4mg  
 Potassium (mg): 387mg  
 Calcium (mg): 13mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 13mg  
 Vitamin A (i.u.): 1049IU  
 Vitamin A (r.e.): 106RE

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

## Nutrition Facts

### Amount Per Serving

Calories 251                      Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	64g	21%
Dietary Fiber	4g	16%
<b>Protein</b>	1g	
<b>Vitamin A</b>		21%
<b>Vitamin C</b>		22%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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