

Fresh Peach 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.

Sauces and Condiments

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*	on on%
Carbohydrate (g):	64g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1/2
Protein (g):	1g	Lean Meat:	0

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

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*

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

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