

Hot Lemon Sauce

Jan McBride Carlton (*The Old-Fashioned Cookbook*)
The Good Cook Sauces - Time-Life Books

Yield: 1 1/2 cups

3 tablespoons fresh lemon juice
1 1/2 teaspoons grated lemon peel
1/2 cup sugar
2 tablespoons cornstarch
1/4 teaspoon salt
1 cup water
1 1/2 tablespoons butter

In a saucepan, combine the sugar, cornstarch and salt. Stir in the water.

Stirring constantly, cook over low heat until the mixture thickens and becomes clear.

Add the lemon juice, lemon peel and butter.

Serve the sauce hot or warm over puddings and cakes.

Per Serving (excluding unknown items): 614 Calories; 17g Fat (24.5% calories from fat); trace Protein; 119g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 719mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 3 1/2 Fat; 6 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	614
% Calories from Fat:	24.5%
% Calories from Carbohydrates:	75.2%
% Calories from Protein:	0.3%
Total Fat (g):	17g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	47mg
Carbohydrate (g):	119g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	719mg
Potassium (mg):	70mg
Calcium (mg):	22mg
Iron (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	3 1/2

Zinc (mg): trace
Vitamin C (mg): 25mg
Vitamin A (i.u.): 661IU
Vitamin A (r.e.): 162RE

Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories	614	Calories from Fat: 151
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% Daily Values*

Total Fat	17g	27%
Saturated Fat	11g	54%
Cholesterol	47mg	16%
Sodium	719mg	30%
Total Carbohydrates	119g	40%
Dietary Fiber	1g	3%
Protein	trace	

Vitamin A	13%
Vitamin C	42%
Calcium	2%
Iron	1%

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