

Lemon Dessert Sauce

Southern Living - 1987 Annual Recipes

Yield: 1 1/2 cups

1/2 cup sugar

1 1/2 tablespoons cornstarch

1/8 teaspoon salt

1 cup water

1 1/2 teaspoons grated lemon rind

1/3 cup lemon juice

1 tablespoon butter or margarine

In a four-cup glass measure, combine the sugar, cornstarch and salt. Add the water and stir until the sugar dissolves.

Microwave on HIGH for 2 minutes. Stir well. Microwave on HIGH for 1-1/2 to 2 minutes, stirring at 1 minute intervals until the mixture is clear, thickened and bubbly.

Stir in the lemon rind, lemon juice and butter.

Chill, if desired.

Serve with fresh fruit, pound cake or ice cream.

Note: Lime rind and juice may be substituted for lemon rind and juice, if desired.

Per Serving (excluding unknown items): 556 Calories; 12g Fat (17.9% calories from fat); trace Protein; 118g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 383mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 2 1/2 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 556 |
| % Calories from Fat: | 17.9% |
| % Calories from Carbohydrates: | 81.8% |
| % Calories from Protein: | 0.3% |
| Total Fat (g): | 12g |
| Saturated Fat (g): | 7g |
| Monounsaturated Fat (g): | 3g |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 31mg |
| Carbohydrate (g): | 118g |
| Dietary Fiber (g): | 1g |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | trace |
| Vitamin B12 (mcg): | trace |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 11mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|-----------------|-----|
| Grain (Starch): | 1/2 |
|-----------------|-----|

Protein (g): trace
Sodium (mg): 383mg
Potassium (mg): 111mg
Calcium (mg): 21mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 41mg
Vitamin A (i.u.): 451IU
Vitamin A (r.e.): 109RE

Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 556 Calories from Fat: 100

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 12g | 18% |
| Saturated Fat | 7g | 36% |
| Cholesterol | 31mg | 10% |
| Sodium | 383mg | 16% |
| Total Carbohydrates | 118g | 39% |
| Dietary Fiber | 1g | 3% |
| Protein | trace | |

| | |
|------------------|-----|
| Vitamin A | 9% |
| Vitamin C | 68% |
| Calcium | 2% |
| Iron | 1% |

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