

# Orange Dessert Sauce II

Carol Cutler (*The Woman's Day Low Calorie Dessert Cookbook*)  
*The Good Cook Sauces - Time-Life Books*

## Yield: 1 cup

1 cup fresh orange juice  
 2 tablespoons grated orange peel  
 2 tablespoons cornstarch  
 1 tablespoon sugar  
 1 egg yolk

In a heavy, nonaluminum pot, stir the orange peel, cornstarch and sugar together. Gradually pour in the orange juice while stirring with a whisk to keep the mixture smooth.

Over medium heat, stir the sauce for 3 or 4 minutes until it thickens. Place the egg yolk in a small bowl and beat it as you slowly pour in the hot sauce. Scrape in all of the sauce from the pot, then transfer the contents of the bowl to the pot.

Return the sauce to the heat for half a minute while continuing to beat it.

Cool, then chill before serving.

*This sauce is suitable for angel food cake.*

Per Serving (excluding unknown items): 292 Calories; 6g Fat (17.2% calories from fat); 5g Protein; 56g Carbohydrate; 1g Dietary Fiber; 213mg Cholesterol; 12mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 Fruit; 1/2 Fat; 1 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	292
% Calories from Fat:	17.2%
% Calories from Carbohydrates:	76.3%
% Calories from Protein:	6.4%
Total Fat (g):	6g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	213mg
Carbohydrate (g):	56g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	12mg
Potassium (mg):	538mg
Calcium (mg):	70mg
Iron (mg):	1mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	164mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

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

Zinc (mg):  
Vitamin C (mg): 140mg  
Vitamin A (i.u.): 869IU  
Vitamin A (r.e.): 151 1/2RE

Other Carbohydrates:

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	292	Calories from Fat: 50
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### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	2g	8%
<b>Cholesterol</b>	213mg	71%
<b>Sodium</b>	12mg	0%
<b>Total Carbohydrates</b>	56g	19%
Dietary Fiber	1g	4%
<b>Protein</b>	5g	

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<b>Vitamin A</b>	17%
<b>Vitamin C</b>	234%
<b>Calcium</b>	7%
<b>Iron</b>	7%

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