

Peach-Berry Dessert Sauce

Southern Living - 1987 Annual Recipes

Yield: 2 2/3 cups

2 tablespoons sugar

1 1/2 tablespoons cornstarch

2 fresh peaches, peeled and sliced

1/2 cup red currant jelly

1/2 cup fresh blueberries

1/2 cup fresh raspberries

In a 1-1/2 quart casserole, combine the sugar and cornstarch.

Add the peach slices and jelly.

Microwave on HIGH for 4 to 5 minutes, stirring every minute, until the mixture is thickened and bubbly.

Stir in the berries.

Serve warm over pound cake or ice cream.

Per Serving (excluding unknown items): 298 Calories; 1g Fat (2.2% calories from fat); 2g Protein; 75g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Fruit; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	298
% Calories from Fat:	2.2%
% Calories from Carbohydrates:	94.7%
% Calories from Protein:	3.1%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	75g
Dietary Fiber (g):	10g
Protein (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	28mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0

Sodium (mg): 6mg
Potassium (mg): 548mg
Calcium (mg): 29mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 38mg
Vitamin A (i.u.): 1203IU
Vitamin A (r.e.): 121 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 298 Calories from Fat: 7

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	75g	25%
Dietary Fiber	10g	41%
Protein	2g	
Vitamin A		24%
Vitamin C		64%
Calcium		3%
Iron		4%

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