

Spiced Apple Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 2 3/4 cups

1 pound cooked apples

1 small onion

6 teaspoons low-fat spread

2 tablespoons soft brown sugar

1 teaspoon mixed spice

Peel, core and slice the apples thinly. Chop the onion finely.

Place the apples in a saucepan with two tablespoons of water. Cover the saucepan and cook the apples gently until they are soft.

Remove the pan from the heat. Mash thoroughly with a fork or potato masher.

In a separate saucepan, melt the low-fat spread over a low heat. Add the onion and cook gently for 8 to 10 minutes until soft, stirring.

Stir in the puree'd apples, sugar and mixed spice, mixing well. Cook gently until the sugar has dissolved.

Serve hot or cold with pork, gammon or goose.

Per Serving (excluding unknown items): 42 Calories; trace Fat (3.4% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 1/2 Vegetable.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	42
% Calories from Fat:	3.4%
% Calories from Carbohydrates:	85.2%
% Calories from Protein:	11.4%
Total Fat (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	21mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 9g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 3mg
Potassium (mg): 173mg
Calcium (mg): 22mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 42 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	8%
Protein	1g	
Vitamin A		0%
Vitamin C		12%
Calcium		2%
Iron		1%

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