

Lite Apricot-Sesame Dressing

Kawanbee Inn - Weld, ME

The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 2/3 cup

1 teaspoon cornstarch
1/8 teaspoon garlic powder
1/8 teaspoon ground ginger
1 can (5-1/2 ounce) apricot nectar
1/4 cup red wine vinegar
1 teaspoon honey
1 teaspoon sesame oil
1 teaspoon toasted sesame seeds

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In a small saucepan, combine the cornstarch, garlic powder and ginger.

Stir in the apricot nectar, vinegar, honey and oil.

Cook, stirring constantly, until thick and bubbly. Cook for 2 minutes more.

Chill.

Per Serving (excluding unknown items): 238 Calories; 6g Fat (21.3% calories from fat); 1g Protein; 49g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	238	Vitamin B6 (mg):	.1mg
% Calories from Fat:	21.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	76.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	6mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	49g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	0

Potassium (mg): 367mg
Calcium (mg): 26mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 83mg
Vitamin A (i.u.): 3305IU
Vitamin A (r.e.): 331 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 238 **Calories from Fat:** 51

% Daily Values*

Total Fat 6g	9%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 49g	16%
Dietary Fiber 2g	8%
Protein 1g	
Vitamin A	66%
Vitamin C	138%
Calcium	3%
Iron	9%

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