

Blueberry-Cherry Coulis

What's Cooking II

North American Institute of Modern Cuisine

Yield: 3 cups

*2/3 cup water
3/4 cup sugar
1 cup blueberries
1 cup cherries
2 tablespoons cherry juice
2 tablespoons cornstarch*

In a saucepan, bring to a boil the water and sugar. Add the fruit and cherry juice. Simmer for 3 minutes.

Dilute the cornstarch in a little water. Pour into the saucepan. Cook for 1 minute, stirring constantly.

For a smoother coulis, run the mixture through a blender then a sieve. Serve cold.

Per Serving (excluding unknown items): 794 Calories; 1g Fat (1.3% calories from fat); 2g Protein; 202g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 1 Grain(Starch); 3 Fruit; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):		794	Vitamin B6 (mg):		.2mg
% Calories from Fat:		1.3%	Vitamin B12 (mcg):		0mcg
% Calories from Carbohydrates:		97.5%	Thiamin B1 (mg):		.1mg
% Calories from Protein:		1.2%	Riboflavin B2 (mg):		.1mg
Total Fat (g):		1g	Folacin (mcg):		16mcg
Saturated Fat (g):		1g	Niacin (mg):		1mg
Monounsaturated Fat (g):		trace	Caffeine (mg):		0mg
Polyunsaturated Fat (g):		trace	Alcohol (kcal):		0
Cholesterol (mg):		0mg	% Daily Value*		on on%
Carbohydrate (g):		202g	Food Exchanges		
Dietary Fiber (g):		7g	Grain (Starch):		1
Protein (g):		2g	Lean Meat:		0
Sodium (mg):		18mg	Vegetable:		0

Potassium (mg): 325mg
Calcium (mg): 34mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 21mg
Vitamin A (i.u.): 1494IU
Vitamin A (r.e.): 149 1/2RE

Fruit: 3
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 794 Calories from Fat: 11

% Daily Values*

Total Fat	1g	2%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	18mg	1%
Total Carbohydrates	202g	67%
Dietary Fiber	7g	26%
Protein	2g	
Vitamin A		30%
Vitamin C		36%
Calcium		3%
Iron		7%

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