



METABOLIC NUTRITION PROGRAM

Asian Sauce For Pasta

Adapted from Meredith Sobel, Natural Foods Chef

Servings Per Recipe: 2

Per Serving: 60 Calories, 1.7 gm Protein, 1 gm Fat, 12 gm Carbohydrates

- 4 Tablespoons Beef bouillon powder
- 4 teaspoons balsamic vinegar
- 2 teaspoons dark molasses
- ¼ teaspoon ground ginger
- 1 pinch white pepper
- 1 pinch garlic powder
- 1 ½ cups water
- ½ cup snow peas
- 2 Tablespoons scallion, chopped
- ½ cup carrot
- 1 teaspoon sesame oil

Directions

1. In a saucepan over medium heat, stir together all of the ingredients except sesame oil and scallion. Boil gently until liquid is reduced to about 1 cup.
2. Separately prepare 2 servings of pasta according to package directions. Drain. Pour hot sauce with vegetables over pasta. Toss, divide into two bowls and top with sesame oil and chopped scallion. Serve immediately.

Nutrition Facts	
Serving Size (66g)	
Servings Per Container 2	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1250mg	52%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 2g	
Vitamin A 110% • Vitamin C 6%	
Calcium 4% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	