



All in-one bread sauce

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



103 kcal

Ingredients

- ☐ 140 g bread
- ☐ 1 onion chopped
- ☐ 1 bay leaves
- ☐ 0.5 tsp mace
- ☐ 8 servings grating nutmeg fresh
- ☐ 500 ml milk

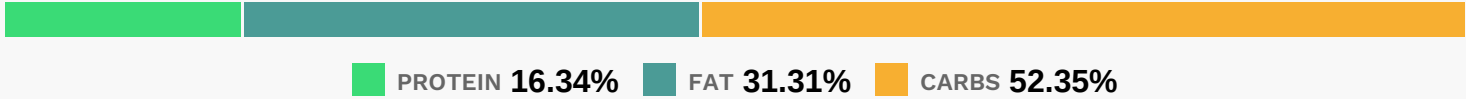
Equipment

- ☐ sauce pan
- ☐ microwave

Directions

☐ Put all of the ingredients into a small saucepan. Cover and simmer for 15 mins, then whizz to a smooth or chunky sauce whichever is your favourite. Top with extra bay leaves or more nutmeg to serve. Can be made 3–4 hrs ahead, then reheated in a microwave to serve.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:6.29, Inflammation Score:-2, Nutrition Score:5.1800000382506%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 103.17kcal (5.16%), Fat: 3.63g (5.59%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 12.28g (4.47%), Sugar: 5.26g (5.84%), Cholesterol: 7.74mg (2.58%), Sodium: 108.23mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Manganese: 0.29mg (14.48%), Calcium: 108.37mg (10.84%), Phosphorus: 96.06mg (9.61%), Selenium: 6.37µg (9.1%), Vitamin B2: 0.14mg (8.14%), Vitamin B1: 0.12mg (8.11%), Vitamin B12: 0.35µg (5.8%), Fiber: 1.37g (5.5%), Vitamin B3: 1.09mg (5.45%), Magnesium: 20.13mg (5.03%), Folate: 19.11µg (4.78%), Vitamin D: 0.71µg (4.73%), Potassium: 149mg (4.26%), Iron: 0.74mg (4.11%), Vitamin B5: 0.4mg (4.01%), Vitamin B6: 0.08mg (3.94%), Zinc: 0.52mg (3.44%), Copper: 0.06mg (2.76%), Vitamin A: 108.71IU (2.17%), Vitamin C: 1.14mg (1.38%), Vitamin K: 1.11µg (1.05%)