

SAUCES & DIPS

# Basic Bechamel Sauce

12 September 2026

| TOTAL TIME | PREP  | COOK   | SERVES | PER SERVING | CALORIES |
|------------|-------|--------|--------|-------------|----------|
| 40 min     | 5 min | 35 min | 2      | \$0.99      | 593 kcal |



If you want to add more lacto ovo vegetarian recipes to your recipe box, Basic Bechamel Sauce might be a recipe you should try. This recipe serves 2. For 99 cents per serving, this recipe covers 19% of your daily requirements of vitamins and minerals.

## Ingredients

- ☐ 5 tablespoons butter
- ☐ 1 quart milk
- ☐ 2 teaspoons salt
- ☐ ¼ cup all-purpose flour
- ☐ ¼ teaspoon freshly grated nutmeg

EQUIPMENT Sauce pan, Whisk

## Method

- 1

Melt butter in a large saucepan over medium heat. Once melted, stir in the flour until smooth. Continue stirring as the flour cooks to a light, golden, sandy color, about 7 minutes.

- 2 Increase heat to medium-high and slowly whisk in milk until thickened by the roux. Bring to a gentle simmer, then reduce heat to medium-low and continue simmering until the flour has softened and not longer tastes gritty, 10 to 20 minutes, then season with salt and nutmeg.

Nutrition per serving

|               |         |      |                                |
|---------------|---------|------|--------------------------------|
| 593           | 17 g    | 44 g | 34 g                           |
| KCAL          | PROTEIN | FAT  | CARBS                          |
| Saturated Fat |         |      | 26.9 g · 168% of daily needs   |
| Fibre         |         |      | 0.5 g · 2% of daily needs      |
| Sugar         |         |      | 22.9 g · 25% of daily needs    |
| Sodium        |         |      | 2,731 mg · 119% of daily needs |
| Cholesterol   |         |      | 132 mg · 44% of daily needs    |

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/basic-bechamel-sauce-142241](https://whatsheate.com/basic-bechamel-sauce-142241)