



Béchamel Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



114 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.3 cups milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

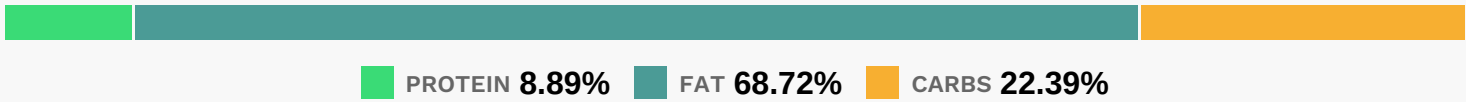
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually add milk; cook, whisking constantly, over medium heat until thickened.
- ☐ Whisk in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:3.58, Inflammation Score:-3, Nutrition Score:3.0417391056924%

Nutrients (% of daily need)

Calories: 113.63kcal (5.68%), Fat: 8.76g (13.48%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 6.28g (2.28%), Sugar: 2.95g (3.27%), Cholesterol: 7.32mg (2.44%), Sodium: 218.78mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin A: 399.83IU (8%), Calcium: 78.74mg (7.87%), Phosphorus: 68.56mg (6.86%), Vitamin B2: 0.11mg (6.45%), Vitamin B12: 0.34µg (5.63%), Vitamin B1: 0.07mg (4.7%), Vitamin D: 0.67µg (4.47%), Selenium: 2.69µg (3.84%), Potassium: 101.2mg (2.89%), Vitamin B5: 0.26mg (2.56%), Manganese: 0.05mg (2.31%), Magnesium: 8.74mg (2.18%), Folate: 8.34µg (2.08%), Vitamin B6: 0.04mg (2.01%), Vitamin E: 0.29mg (1.96%), Zinc: 0.28mg (1.89%), Vitamin B3: 0.33mg (1.66%), Iron: 0.22mg (1.22%)