

Béchamel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 Dash ground pepper white
- ☐ 1.8 cups milk 2% reduced-fat
- ☐ 1 Dash nutmeg whole freshly grated
- ☐ 0.5 cup onion thinly sliced
- ☐ 0.3 teaspoon salt

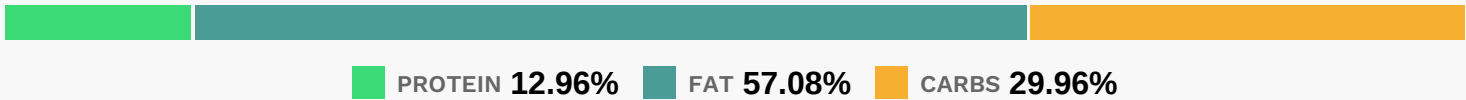
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine first 4 ingredients in a small saucepan over medium-high heat; bring to a simmer.
- ☐ Remove from heat; cover and let stand 15 minutes. Strain milk mixture through a sieve over a bowl; discard solids.
- ☐ Wipe pan clean with paper towels. Melt butter in pan over medium heat.
- ☐ Add flour to pan; cook 1 minute, stirring constantly. Gradually add strained milk, stirring with a whisk until blended. Bring to a boil; cook 9 minutes or until thickened, stirring constantly.
- ☐ Remove from heat; stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.01, Inflammation Score:-2, Nutrition Score:2.1639130348745%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 61.09kcal (3.05%), Fat: 3.93g (6.05%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.08g (3.42%), Cholesterol: 11.65mg (3.89%), Sodium: 119.9mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Calcium: 66.01mg (6.6%), Vitamin B2: 0.11mg

(6.27%), Phosphorus: 53.25mg (5.33%), Vitamin B12: 0.28µg (4.66%), Vitamin A: 141.22IU (2.82%), Selenium: 1.86µg (2.66%), Potassium: 89.83mg (2.57%), Vitamin B1: 0.04mg (2.43%), Vitamin B5: 0.21mg (2.06%), Manganese: 0.04mg (2%), Zinc: 0.28mg (1.88%), Magnesium: 7.42mg (1.85%), Folate: 7.29µg (1.82%), Vitamin B6: 0.03mg (1.64%), Fiber: 0.27g (1.08%), Vitamin C: 0.88mg (1.07%)