



## Béchamel Sauce



Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



19 kcal

SAUCE

### Ingredients



1 tablespoon flour all-purpose



0.3 cup onion finely chopped



1 Dash pepper white freshly ground



0.3 teaspoon salt



2 tablespoons butter unsalted



1.5 cups milk whole

### Equipment



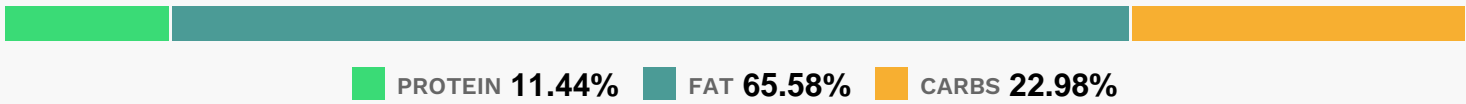
bowl

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

## Directions

- ☐ Place butter in a small saucepan over medium-low heat; cook until butter melts, stirring occasionally.
- ☐ Add onion to pan; cook 10 minutes or until tender (do not brown), stirring occasionally.
- ☐ Sprinkle flour over onion; cook 2 minutes, stirring occasionally.
- ☐ Gradually add milk to flour mixture, stirring with a whisk until smooth; bring to a simmer. Simmer 10 minutes or until thickened, stirring frequently. Strain mixture through a fine sieve over a bowl; discard solids.
- ☐ Stir in salt, pepper, and nutmeg, if desired.
- ☐ Serve immediately.
- ☐ Mornay Sauce: Prepare Bchamel Sauce. Wipe pan clean with paper towels. Return Bchamel Sauce to pan, and place over medium-low heat.
- ☐ Add 1/2 cup (2 ounces) shredded Gruyre cheese, stirring until smooth.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.83, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:0.64086956757566%

## Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 19.44kcal (0.97%), Fat: 1.44g (2.22%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.81g (0.9%), Cholesterol: 4.34mg (1.45%), Sodium: 30.22mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Calcium: 19.59mg (1.96%), Phosphorus: 16.58mg (1.66%), Vitamin B12: 0.08µg (1.41%), Vitamin B2: 0.02mg (1.38%), Vitamin D: 0.19µg (1.24%), Vitamin A: 53.89IU (1.08%)