



Béchamel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



110 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups milk whole

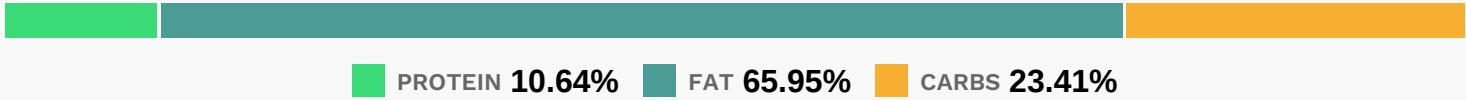
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a small saucepan over medium-low heat.
- ☐ Whisk in flour, and cook, whisking constantly, 1 minute.
- ☐ Stir in milk; increase heat to medium, and cook, stirring constantly, 6 minutes or until thickened and bubbly. Stir in salt and pepper. Cover and chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:3.43, Inflammation Score:-2, Nutrition Score:3.2939130183633%

Nutrients (% of daily need)

Calories: 109.96kcal (5.5%), Fat: 8.16g (12.55%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 6.38g (2.32%), Sugar: 3.68g (4.09%), Cholesterol: 24.2mg (8.07%), Sodium: 364.75mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Calcium: 96.54mg (9.65%), Phosphorus: 82.96mg (8.3%), Vitamin B2: 0.13mg (7.43%), Vitamin B12: 0.42µg (7.06%), Vitamin A: 298.45IU (5.97%), Vitamin D: 0.84µg (5.59%), Vitamin B1: 0.07mg (4.83%), Selenium: 2.79µg (3.99%), Potassium: 120.22mg (3.43%), Vitamin B5: 0.31mg (3.09%), Magnesium: 10.23mg (2.56%), Vitamin B6: 0.05mg (2.42%), Zinc: 0.35mg (2.32%), Folate: 7.09µg (1.77%), Manganese: 0.03mg (1.74%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.2mg (1.35%), Iron: 0.2mg (1.09%)