



Buttermilk White Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



65 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon ranch seasoning
- ☐ 0.3 teaspoon salt

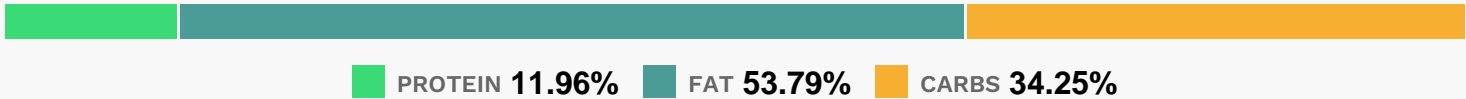
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Melt butter in a medium-size heavy saucepan over medium heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in 1 1/2 cups milk; cook over medium heat, whisking constantly, 3 to 4 minutes or until mixture is thickened and bubbly.
- ☐ Remove from heat, and whisk in buttermilk and remaining ingredients.
- ☐ Note: Sauce can be made up to two days ahead. Prepare recipe as directed; cover and chill in an airtight container.
- ☐ Whisk in 2 Tbsp. milk, and microwave at HIGH 1 minute, stirring at 30-second intervals.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:2.56, Inflammation Score:-1, Nutrition Score:2.1530434968679%

Nutrients (% of daily need)

Calories: 65.15kcal (3.26%), Fat: 3.87g (5.96%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.36g (2.62%), Cholesterol: 11.73mg (3.91%), Sodium: 215.22mg (9.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Calcium: 60.22mg (6.02%), Vitamin B2: 0.09mg (5.15%), Phosphorus: 51.29mg (5.13%), Vitamin B12: 0.26µg (4.29%), Vitamin D: 0.56µg (3.72%), Vitamin B1: 0.05mg (3.39%), Selenium: 2.23µg (3.18%), Vitamin A: 149.34IU (2.99%), Potassium: 75.79mg (2.17%), Vitamin B5: 0.2mg (2%), Magnesium: 6.42mg (1.61%), Folate: 6.41µg (1.6%), Manganese: 0.03mg (1.49%), Zinc: 0.22mg (1.47%), Vitamin B6: 0.03mg (1.41%), Vitamin B3: 0.24mg (1.18%)