



Cream Sauce

READY IN



30 min.

SERVINGS



5

CALORIES



225 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups milk
- ☐ 0.3 teaspoon salt

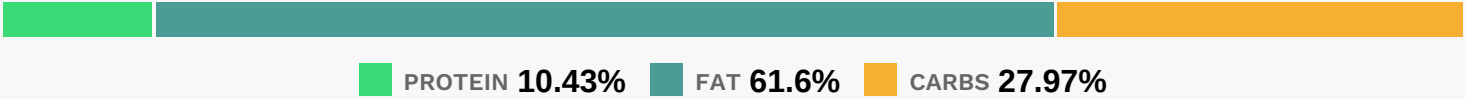
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

☐ Melt butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk and wine; cook over medium heat, whisking constantly, 18 to 20 minutes or until mixture is thickened and bubbly. Stir in salt.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:6.95, Inflammation Score:-6, Nutrition Score:6.0721738843004%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 224.5kcal (11.22%), Fat: 13.12g (20.19%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 13.18g (4.79%), Sugar: 6.35g (7.06%), Cholesterol: 14.64mg (4.88%), Sodium: 272.23mg (11.84%), Alcohol: 4.94g (100%), Alcohol %: 3.3% (100%), Protein: 5g (10%), Calcium: 159.11mg (15.91%), Phosphorus: 143.47mg (14.35%), Vitamin B2: 0.22mg (13%), Vitamin A: 603.63IU (12.07%), Vitamin B12: 0.67µg (11.17%), Vitamin B1: 0.14mg (9.15%), Vitamin D: 1.34µg (8.95%), Selenium: 5.19µg (7.42%), Potassium: 230.79mg (6.59%), Manganese: 0.12mg (5.91%), Magnesium: 21.62mg (5.4%), Vitamin B5: 0.52mg (5.23%), Vitamin B6: 0.1mg (5.16%), Zinc: 0.62mg (4.11%), Folate: 15.84µg (3.96%), Vitamin B3: 0.67mg (3.37%), Iron: 0.52mg (2.87%), Vitamin E: 0.42mg (2.79%)