



Creole Sauce

 Vegetarian

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

438 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 teaspoon onion powder
- ☐ 0.8 tablespoon oregano dried
- ☐ 1.3 teaspoons paprika

- ☐ 2 teaspoons salt
- ☐ 0.5 cup butter salted
- ☐ 0.3 cup vinegar white
- ☐ 4.5 cups milk whole

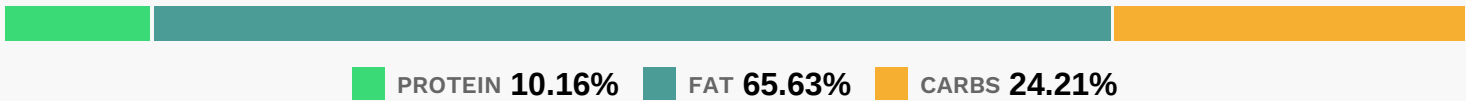
Equipment

- ☐ whisk
- ☐ pot
- ☐ double boiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the butter on low heat, preferably in a double boiler, or, paying close attention, stirring regularly in a pot. Stir in the flour, incorporating it into the butter thoroughly until smooth. Slowly add the milk, stirring constantly. Cook on low-medium heat, stirring regularly, until it reaches a silky, creamy consistency.
- ☐ Whisk in the salt, paprika, garlic powder, onion powder, oregano, cayenne, nutmeg and cloves. Cook for 5 minutes.
- ☐ Whisk in the vinegar, adding slowly. Cook for another 5 minutes, whisking often.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:13.61, Inflammation Score:-9, Nutrition Score:14.080434752547%

Nutrients (% of daily need)

Calories: 437.86kcal (21.89%), Fat: 32.17g (49.5%), Saturated Fat: 19.79g (123.67%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 25.44g (9.25%), Sugar: 13.48g (14.97%), Cholesterol: 93.95mg (31.32%), Sodium: 1451.78mg (63.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.41%), Calcium: 368.07mg (36.81%), Vitamin A: 1581.82IU (31.64%), Phosphorus: 309.73mg (30.97%), Vitamin B2: 0.48mg (28.35%), Vitamin B12: 1.53µg (25.51%), Vitamin D: 3.02µg (20.13%), Vitamin B1: 0.29mg (19.14%), Selenium: 11.2µg (16%), Potassium: 478.52mg (13.67%),

Manganese: 0.25mg (12.28%), Vitamin B5: 1.16mg (11.55%), Vitamin B6: 0.22mg (10.85%), Magnesium: 42.46mg (10.61%), Zinc: 1.36mg (9.07%), Vitamin K: 9.49µg (9.04%), Vitamin E: 1.24mg (8.29%), Folate: 32.85µg (8.21%), Iron: 1.3mg (7.23%), Vitamin B3: 1.36mg (6.8%), Fiber: 1.26g (5.05%), Copper: 0.05mg (2.27%)