



Mornay Sauce

READY IN



10 min.

SERVINGS



10

CALORIES



170 kcal

SAUCE

Ingredients

- 0.5 cup butter
- 0.3 cup flour all-purpose
- 3.5 cups milk
- 2 oz parmesan cheese shredded
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

Equipment

- sauce pan

whisk



Directions

Melt butter in a 3-qt. saucepan over medium-high heat.

Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk. Bring to a boil, and cook, whisking constantly, 1 to 2 minutes or until thickened.

Whisk in Parmesan cheese, salt, and pepper.

Nutrition Facts

 **PROTEIN 12.47%**  **FAT 70.35%**  **CARBS 17.18%**

Properties

Glycemic Index:22.2, Glycemic Load:3.87, Inflammation Score:-3, Nutrition Score:4.6326086922832%

Nutrients (% of daily need)

Calories: 170.14kcal (8.51%), Fat: 13.44g (20.68%), Saturated Fat: 8.36g (52.25%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 7.26g (2.64%), Sugar: 4.17g (4.63%), Cholesterol: 38.51mg (12.84%), Sodium: 254.49mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Calcium: 175.78mg (17.58%), Phosphorus: 132.91mg (13.29%), Vitamin B2: 0.16mg (9.48%), Vitamin A: 466.54IU (9.33%), Vitamin B12: 0.55µg (9.14%), Vitamin D: 0.97µg (6.45%), Selenium: 4.43µg (6.32%), Vitamin B1: 0.08mg (5.56%), Potassium: 141.18mg (4.03%), Vitamin B5: 0.38mg (3.76%), Zinc: 0.55mg (3.64%), Magnesium: 13.97mg (3.49%), Vitamin B6: 0.06mg (2.98%), Vitamin E: 0.32mg (2.14%), Folate: 8.37µg (2.09%), Manganese: 0.04mg (1.97%), Vitamin B3: 0.36mg (1.78%), Iron: 0.25mg (1.37%), Vitamin K: 1.24µg (1.18%)