

Mornay Sauce

READY IN



45 min.

SERVINGS



16

CALORIES



91 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 ounces gruyère cheese shredded
- ☐ 2 ounces gruyère cheese shredded
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 1 Dash pepper white freshly ground
- ☐ 1 Dash pepper white freshly ground
- ☐ 16 servings rye flakes

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups milk whole
- ☐ 1.5 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Place butter in a small saucepan over medium-low heat; cook until butter melts, stirring occasionally.
- ☐ Add onion to pan; cook 10 minutes or until tender (do not brown), stirring occasionally.
- ☐ Sprinkle flour over onion; cook 2 minutes, stirring occasionally.
- ☐ Gradually add milk to flour mixture, stirring with a whisk until smooth; bring to a simmer. Simmer 10 minutes or until thickened, stirring frequently. Strain mixture through a fine sieve over a bowl; discard solids.
- ☐ Stir in salt, pepper, and nutmeg, if desired.
- ☐ Wipe pan clean with paper towels. Return sauce to pan, and place over medium-low heat.
- ☐ Add Gruyere cheese, stirring until smooth.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **17.18%**  FAT **65.17%**  CARBS **17.65%**

Properties

Glycemic Index:21.5, Glycemic Load:1.43, Inflammation Score:0, Nutrition Score:3.2339130432709%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 90.5kcal (4.52%), Fat: 6.63g (10.21%), Saturated Fat: 4g (24.97%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.7g (1.35%), Sugar: 2.45g (2.73%), Cholesterol: 20.81mg (6.94%), Sodium: 141.28mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.87%), Calcium: 130.65mg (13.06%), Phosphorus: 98.73mg (9.87%), Vitamin B12: 0.37µg (6.11%), Vitamin B2: 0.09mg (5.48%), Vitamin A: 229.05IU (4.58%), Manganese: 0.08mg (4.24%), Vitamin D: 0.6µg (3.99%), Selenium: 2.79µg (3.98%), Zinc: 0.54mg (3.59%), Vitamin B1: 0.04mg (2.85%), Magnesium: 11.32mg (2.83%), Potassium: 90.99mg (2.6%), Vitamin B5: 0.24mg (2.4%), Vitamin B6: 0.04mg (2.21%), Fiber: 0.34g (1.36%)