



White Cream Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



232 kcal

SAUCE

Ingredients

- 0.5 cup flour all-purpose
- 2 cups heavy cream
- 1 juice of lemon juiced

Equipment

- sauce pan

Directions

In a saucepan stir together cream, flour and juice from a lemon. Cook until thickened.

Nutrition Facts

PROTEIN 4.26% **FAT 82.32%** **CARBS 13.42%**

Properties

Glycemic Index:9.38, Glycemic Load:4.31, Inflammation Score:-5, Nutrition Score:3.6317391628804%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 231.56kcal (11.58%), Fat: 21.57g (33.18%), Saturated Fat: 13.7g (85.62%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 7.69g (2.8%), Sugar: 1.85g (2.06%), Cholesterol: 67.24mg (22.41%), Sodium: 16.26mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin A: 874.88IU (17.5%), Vitamin B2: 0.15mg (8.88%), Vitamin D: 0.95µg (6.35%), Selenium: 4.44µg (6.34%), Vitamin B1: 0.07mg (4.94%), Folate: 17.43µg (4.36%), Phosphorus: 43.25mg (4.32%), Calcium: 40.67mg (4.07%), Vitamin E: 0.56mg (3.72%), Manganese: 0.05mg (2.72%), Vitamin B3: 0.5mg (2.51%), Iron: 0.43mg (2.36%), Vitamin C: 1.81mg (2.19%), Potassium: 68.75mg (1.96%), Vitamin B5: 0.19mg (1.91%), Vitamin K: 1.93µg (1.84%), Vitamin B12: 0.1µg (1.59%), Magnesium: 6.11mg (1.53%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.03mg (1.3%)