



White Sauce

READY IN



45 min.

SERVINGS



24

CALORIES



26 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons carrots finely chopped
- ☐ 3 tablespoons celery finely chopped
- ☐ 3 flat-leaf parsley sprigs
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons onion finely chopped
- ☐ 1 Dash pepper white freshly ground
- ☐ 2 tablespoons pancetta finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 3 thyme sprigs
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups milk whole

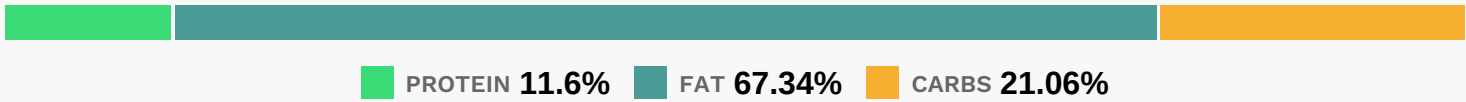
Equipment

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

Directions

- ☐ Place butter in a small saucepan over medium-low heat.
- ☐ Add onion and next 3 ingredients (through prosciutto) to pan, and cook 10 minutes (do not brown), stirring occasionally.
- ☐ Sprinkle flour over onion mixture, and cook 2 minutes, stirring constantly.
- ☐ Gradually add milk to flour mixture, stirring with a whisk until smooth.
- ☐ Add herbs and bay leaf; 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.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:1.2534782685663%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 25.51kcal (1.28%), Fat: 1.94g (2.98%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.89g (0.99%), Cholesterol: 5.15mg (1.72%), Sodium: 40.54mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin A: 388.79IU (7.78%), Vitamin K: 2.72µg (2.59%), Calcium: 21.29mg (2.13%), Phosphorus: 19.34mg (1.93%), Vitamin B2: 0.03mg (1.57%), Vitamin B12: 0.09µg (1.51%), Vitamin D: 0.19µg (1.27%), Vitamin B1: 0.02mg (1.11%), Potassium: 37.87mg (1.08%)