



White Sauce for Pasta

READY IN



15 min.

SERVINGS



4

CALORIES



156 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cube chicken bouillon crumbled
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 servings ground pepper white to taste
- ☐ 2 tablespoons butter
- ☐ 1 cup milk 2%
- ☐ 1.5 cups water boiling

Equipment

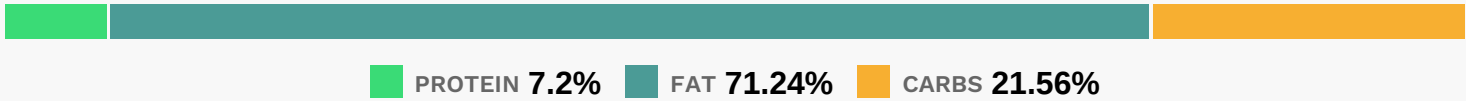
- ☐ sauce pan
- ☐ whisk

Directions

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Melt butter and margarine in a saucepan over medium-low heat; stir in flour and bouillon until roux is well blended. Continue to cook and stir until thickened and lightly browned, about 5 minutes. Increase heat to medium and whisk water into roux until smooth. Stir in milk; cook and stir until thickened, about 2 minutes more. Season with white pepper.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:3.11, Inflammation Score:-4, Nutrition Score:3.6547826347144%

Nutrients (% of daily need)

Calories: 156.43kcal (7.82%), Fat: 12.58g (19.35%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 7.89g (2.87%), Sugar: 3.01g (3.34%), Cholesterol: 19.77mg (6.59%), Sodium: 144.4mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin A: 485.5IU (9.71%), Vitamin B2: 0.14mg (8.5%), Calcium: 83.4mg (8.34%), Phosphorus: 67.17mg (6.72%), Manganese: 0.13mg (6.63%), Vitamin B12: 0.33µg (5.53%), Selenium: 3.52µg (5.02%), Vitamin B1: 0.07mg (4.58%), Folate: 13.73µg (3.43%), Iron: 0.56mg (3.11%), Potassium: 94.71mg (2.71%), Fiber: 0.68g (2.7%), Magnesium: 10.77mg (2.69%), Vitamin E: 0.4mg (2.67%), Vitamin B5: 0.25mg (2.48%), Zinc: 0.36mg (2.4%), Copper: 0.04mg (2.2%), Vitamin B3: 0.4mg (1.98%), Vitamin B6: 0.03mg (1.39%)