



White Sauce or Bechamel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



110 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour
- ☐ 1.3 cups milk
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings salt

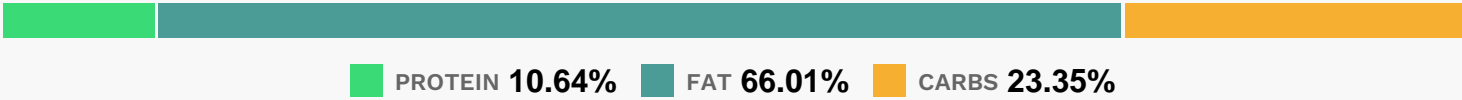
Equipment

- ☐ sauce pan
- ☐ wax paper

Directions

- ☐ Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown — about 2 minutes.
- ☐ Add the hot milk, continuing to stir as the sauce thickens. Bring it to a boil.
- ☐ Add salt and pepper to taste, lower the heat, and cook, stirring for 2 to 3 minutes more.
- ☐ Remove from the heat. To cool this sauce for later use, cover it with wax paper or pour a film of milk over it to prevent a skin from forming.
- ☐ Cheese Sauce.
- ☐ Stir in 1/2 cup grated Cheddar cheese during the last 2 minutes of cooking, along with a pinch of cayenne pepper.
- ☐ How hot should the milk be?
- ☐ Warm the milk on low heat just until little bubbles begin to form at the edges. Then remove from heat.
- ☐ Reprinted with permission from The Fannie Farmer Cookbook by Marion Cunningham. © 1996 Knopf

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:3.44, Inflammation Score:-2, Nutrition Score:3.3152173757553%

Nutrients (% of daily need)

Calories: 109.84kcal (5.49%), Fat: 8.16g (12.55%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 6.36g (2.31%), Sugar: 3.68g (4.09%), Cholesterol: 24.2mg (8.07%), Sodium: 267.87mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Calcium: 96.59mg (9.66%), Phosphorus: 82.9mg (8.29%), Vitamin B2: 0.13mg (7.43%), Vitamin B12: 0.42µg (7.06%), Vitamin A: 299IU (5.98%), Vitamin D: 0.84µg (5.59%), Vitamin B1: 0.07mg (4.84%), Selenium: 2.8µg (3.99%), Potassium: 121.44mg (3.47%), Vitamin B5: 0.31mg (3.1%), Magnesium: 10.29mg (2.57%), Vitamin B6: 0.05mg (2.43%), Zinc: 0.35mg (2.31%), Manganese: 0.04mg (2.09%), Folate: 7.09µg (1.77%), Vitamin B3: 0.31mg (1.53%), Vitamin E: 0.2mg (1.36%), Iron: 0.19mg (1.04%)