

Basic White Sauce

Step-By-Step Sauces
Salamander Books, Ltd. - London, England

Yield: 1 1/4

6 teaspoons low-fat spread
1/4 cup plain flour
1 1/4 cups semi-skimmed milk
salt (to taste)
pepper (to taste)

In a saucepan, melt the spread over a low heat. Stir in the flour. Cook for 1 minute, stirring.

Remove the pan from the heat and gradually stir or whisk in the milk. Bring slowly to a boil, stirring or whisking. Continue to cook until the mixture thickens.

Simmer gently for 3 minutes. Remove the pan from the heat and season with salt and pepper.

Serve with meat, poultry, fish or vegetables.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	0
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	0.0%
% Calories from Protein:	0.0%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	0g
Dietary Fiber (g):	0g

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	0
	0

Protein (g):
Sodium (mg): 0mg
Potassium (mg): 0mg
Calcium (mg): 0mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 0 **Calories from Fat:** 0

% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.