

Bechamel Sauce III

Step-By-Step Sauces

Salamander Books, Ltd. - London, England

Yield: 1 1/4 cups

1 small onion or shallot
1 small carrot
1/2 stalk celery
1 bay leaf
6 black peppercorns
several stalks parsley
1 1/4 cups semi-skimmed milk
6 teaspoons low-fat spread
1/4 cup plain flour
salt (to taste)
pepper (to taste)

Slice the onion or shallot and carrot. Chop the celery roughly.

Puit the vegetables and flavorings in a saucepan with the milk. Bring slowly to a boil.

Remove the pan from the heat. Cover and set aside to infuse for 10 minutes. Strain into a jug, reserving the milk.

In a saucepan, melt the low-fat spread over low heat. Stir in the flour and cook for 1 minute, stirring.

Remove the pan from the heat. Gradually stir or whisk in the flavored milk. Bring slowly to a boil, stirring or whisking, and 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 poultry, fish, vegetables or egg dishes.

Per Serving (excluding unknown items): 35 Calories; trace Fat (3.9% calories from fat); 1g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 43mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.

Sauces and Condiments

Calories (kcal): 35
% Calories from Fat: 3.9%
% Calories from Carbohydrates: 86.5%
% Calories from Protein: 9.7%
Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 8g
Dietary Fiber (g): 3g
Protein (g): 1g
Sodium (mg): 43mg
Potassium (mg): 295mg
Calcium (mg): 30mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 20287IU
Vitamin A (r.e.): 2028RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): trace
Folacin (mcg): 16mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 35 **Calories from Fat:** 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	43mg	2%
Total Carbohydrates	8g	3%
Dietary Fiber	3g	10%
Protein	1g	
Vitamin A		406%
Vitamin C		14%
Calcium		3%
Iron		3%

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