

Mornay Sauce

Southern Living - 1984 Annual Recipes

Yield: 1 cup

2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 cup milk
1/4 teaspoon salt
1/8 teaspoon white pepper
1 egg yolk
1 1/2 teaspoons whipping cream
1/4 cup (one ounce) Swiss cheese,
shredded

In a heavy two-quart saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly, until the mixture is thickened and bubbly. Stir in the salt and pepper.

Beat the egg yolk until thick and lemon colored. Stir in the whipping cream.

Gradually stir about one-fourth of the hot mixture into the yolk. Add the yolk mixture to the remaining hot mixture, stirring constantly. Cook over medium heat about 2 to 3 minutes, stirring constantly, until the mixture is thickened.

Add the cheese and stir until melted. Remove the sauce from the heat.

Per Serving (excluding unknown items): 602 Calories; 47g Fat (69.7% calories from fat); 21g Protein; 25g Carbohydrate; trace Dietary Fiber; 344mg Cholesterol; 971mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 Non-Fat Milk; 8 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	602	Vitamin B6 (mg):	.2mg
% Calories from Fat:	69.7%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	16.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	13.8%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	47g	Folacin (mcg):	63mcg
Saturated Fat (g):	28g	Niacin (mg):	1mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	344mg
Carbohydrate (g):	25g
Dietary Fiber (g):	trace
Protein (g):	21g
Sodium (mg):	971mg
Potassium (mg):	447mg
Calcium (mg):	605mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	1846IU
Vitamin A (r.e.):	507 1/2RE

Food Exchanges

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1
Fat:	8
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	602	Calories from Fat: 420
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% Daily Values*

Total Fat	47g	72%
Saturated Fat	28g	139%
Cholesterol	344mg	115%
Sodium	971mg	40%
Total Carbohydrates	25g	8%
Dietary Fiber	trace	2%
Protein	21g	
Vitamin A		37%
Vitamin C		4%
Calcium		60%
Iron		9%

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