

# Onion Cream Sauce

Rose Alleman - Prairieville, LA  
Southern Living - 1987 Annual Recipes

## Yield: 1 1/2 cups

2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1 1/2 cups half-and-half  
3 tablespoons minced onions  
1 tablespoon fresh parsley, chopped  
1/2 teaspoon salt  
dash white pepper  
1 egg, well beaten

In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly.

Gradually add the half-and-half. Cook over medium heat, stirring constantly, until the mixture is thickened and bubbly.

Stir in the minced onion, parsley, salt and pepper.

Gradually stir about one-fourth of the hot mixture into the egg. Add to the remaining hot mixture, stirring constantly. Cook until the mixture is thickened and bubbly.

Serve over green peas, asparagus or other vegetables.

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Per Serving (excluding unknown items): 347 Calories; 28g Fat (72.8% calories from fat); 9g Protein; 15g Carbohydrate; 1g Dietary Fiber; 274mg Cholesterol; 1373mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 5 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	347	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.8%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	17.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	28g	Folacin (mcg):	60mcg
Saturated Fat (g):	16g	Niacin (mg):	1mg

**Monounsaturated Fat (g):** 9g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 274mg  
**Carbohydrate (g):** 15g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 9g  
**Sodium (mg):** 1373mg  
**Potassium (mg):** 159mg  
**Calcium (mg):** 53mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 1306IU  
**Vitamin A (r.e.):** 304RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.00%

## Food Exchanges

**Grain (Starch):** 1  
**Lean Meat:** 1  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 347 Calories from Fat: 252

### % Daily Values\*

<b>Total Fat</b> 28g	43%
Saturated Fat 16g	79%
<b>Cholesterol</b> 274mg	91%
<b>Sodium</b> 1373mg	57%
<b>Total Carbohydrates</b> 15g	5%
Dietary Fiber 1g	4%
<b>Protein</b> 9g	
<b>Vitamin A</b>	26%
<b>Vitamin C</b>	12%
<b>Calcium</b>	5%
<b>Iron</b>	11%

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