

White Sauce

Jenny Heinzmann - Lotbian, MD
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Yield: 2 cups

3 tablespoons butter or margarine

3 tablespoons all-purpose flour

1 1/2 cups milk

2 egg yolks

1/2 teaspoon salt

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 milk. Cook over medium heat, stirring constantly, until the mixture is thickened and bubbly.

In a bowl, beat the egg yolks until thick and lemon colored.

Gradually stir about one-fourth of the hot mixture into the yolks. Add to the remaining hot mixture, stirring constantly.

Stir in the salt.

Per Serving (excluding unknown items): 734 Calories; 57g Fat (69.7% calories from fat); 20g Protein; 36g Carbohydrate; 1g Dietary Fiber; 568mg Cholesterol; 1611mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 10 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	734	Vitamin B6 (mg):	.3mg
% Calories from Fat:	69.7%	Vitamin B12 (mcg):	2.4mcg
% Calories from Carbohydrates:	19.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	57g	Folacin (mcg):	104mcg
Saturated Fat (g):	32g	Niacin (mg):	2mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0

Cholesterol (mg):	568mg
Carbohydrate (g):	36g
Dietary Fiber (g):	1g
Protein (g):	20g
Sodium (mg):	1611mg
Potassium (mg):	622mg
Calcium (mg):	503mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	2407IU
Vitamin A (r.e.):	655RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1 1/2
Fat:	10 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 734 Calories from Fat: 512

% Daily Values*

Total Fat	57g	88%
Saturated Fat	32g	161%
Cholesterol	568mg	189%
Sodium	1611mg	67%
Total Carbohydrates	36g	12%
Dietary Fiber	1g	3%
Protein	20g	
Vitamin A		48%
Vitamin C		6%
Calcium		50%
Iron		14%

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