

# White Wine Sauce

*Southern Living - 1984 Annual Recipes*

## Yield: 1 2/3 cups

*3 tablespoons butter or margarine*

*3 tablespoons all-purpose flour*

*2 cups milk*

*1/4 cup white wine*

*1/4 teaspoon onion salt*

*2 tablespoons fresh parsley, minced*

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.

Stir in the white wine, onion salt and parsley.

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Per Serving (excluding unknown items): 733 Calories; 51g Fat (65.4% calories from fat); 19g Protein; 42g Carbohydrate; 1g Dietary Fiber; 159mg Cholesterol; 998mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 2 Non-Fat Milk; 10 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	733
% Calories from Fat:	65.4%
% Calories from Carbohydrates:	23.7%
% Calories from Protein:	10.9%
Total Fat (g):	51g
Saturated Fat (g):	32g
Monounsaturated Fat (g):	15g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	159mg
Carbohydrate (g):	42g
Dietary Fiber (g):	1g
Protein (g):	19g
Sodium (mg):	998mg
Potassium (mg):	864mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	73mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	40
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0

**Calcium (mg):** 612mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 15mg  
**Vitamin A (i.u.):** 2305IU  
**Vitamin A (r.e.):** 546 1/2RE

**Non-Fat Milk:** 2  
**Fat:** 10  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 733                      Calories from Fat: 479

### % Daily Values\*

<b>Total Fat</b>	51g	79%
Saturated Fat	32g	158%
<b>Cholesterol</b>	159mg	53%
<b>Sodium</b>	998mg	42%
<b>Total Carbohydrates</b>	42g	14%
Dietary Fiber	1g	4%
<b>Protein</b>	19g	

<b>Vitamin A</b>	46%
<b>Vitamin C</b>	24%
<b>Calcium</b>	61%
<b>Iron</b>	11%

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