

Bechamel Sauce II

Southern Living - 1984 Annual Recipes

Yield: 1 cup

2 tablespoons butter or margarine

2 tablespoons all-purpose flour

1/2 cup chicken broth

1/2 cup half-and-half

1/2 teaspoon salt

1/4 teaspoon paprika

1/8 teaspoon pepper

Place the butter in a four-cup glass container. Microwave on HIGH for 45 seconds or until melted. Add the flour, stirring until smooth.

In a bowl, combine the broth and half-and-half. Gradually add to the flour mixture, stirring well.

Microwave on HIGH for 3-1/2 to 4 minutes, stirring at one-minute intervals until thickened and bubbly.

Stir in the seasonings.

Per Serving (excluding unknown items): 282 Calories; 24g Fat (75.7% calories from fat); 4g Protein; 13g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 1682mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 4 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	282
% Calories from Fat:	75.7%
% Calories from Carbohydrates:	18.1%
% Calories from Protein:	6.2%
Total Fat (g):	24g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	13g
Dietary Fiber (g):	1g
Protein (g):	4g
	1682mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

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

Sodium (mg):
Potassium (mg): 144mg
Calcium (mg): 23mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 1216IU
Vitamin A (r.e.): 249 1/2RE

Vegetable:
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 282 Calories from Fat: 213

% Daily Values*

Total Fat	24g	37%
Saturated Fat	15g	73%
Cholesterol	62mg	21%
Sodium	1682mg	70%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	2%
Protein	4g	
Vitamin A		24%
Vitamin C		1%
Calcium		2%
Iron		7%

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