

# Celery Sauce

*Step-By-Step Sauces*  
*Salamander Books Ltd. - London, England*

## Yield: 2 1/2 cups

*1 small onion*  
*8 ounces celery*  
*6 teaspoons low-fat spread*  
*1/4 cup plain flour*  
*2/3 cup semi-skimmed milk*  
*2/3 cup vegetable stock*  
*salt (to taste)*  
*pepper (to taste)*

Chop the onion and celery finely.

In a saucepan, melt the low-fat spread over a low heat.

Add the onion and celery to the pan. Cook for 8 minutes until soft, stirring occasionally. Stir in the flour and cook for 1 minute, stirring. Remove the pan from the heat and gradually stir in the milk and stock. Bring slowly to a boil, stirring. Continue to cook until the mixture thickens.

Simmer gently for 3 minutes. Remove the pan from the heat. Season with salt and pepper.

Serve with roast chicken or turkey.

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Per Serving (excluding unknown items): 181 Calories; 3g Fat (14.0% calories from fat); 7g Protein; 34g Carbohydrate; 8g Dietary Fiber; 2mg Cholesterol; 1252mg Sodium. Exchanges: 1 Grain(Starch); 3 Vegetable; 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	181	Vitamin B6 (mg):	.3mg
% Calories from Fat:	14.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	71.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	91mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	2mg
<b>Carbohydrate (g):</b>	34g
<b>Dietary Fiber (g):</b>	8g
<b>Protein (g):</b>	7g
<b>Sodium (mg):</b>	1252mg
<b>Potassium (mg):</b>	1007mg
<b>Calcium (mg):</b>	125mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	2mg
<b>Vitamin C (mg):</b>	24mg
<b>Vitamin A (i.u.):</b>	3042IU
<b>Vitamin A (r.e.):</b>	304RE

% Refused: 0.0%

## Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	3
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

**Calories** 181 **Calories from Fat:** 25

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	1g	3%
<b>Cholesterol</b>	2mg	1%
<b>Sodium</b>	1252mg	52%
<b>Total Carbohydrates</b>	34g	11%
Dietary Fiber	8g	30%
<b>Protein</b>	7g	
<b>Vitamin A</b>		61%
<b>Vitamin C</b>		40%
<b>Calcium</b>		13%
<b>Iron</b>		13%

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