

Onion Sauce II

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

Yield: 2 1/2 cups

1 onion
6 teaspoons low-fat spread
1/4 cup plain flour
2 cups semi-skimmed milk
salt (to taste)
pepper (to taste)

Chop the onion finely.

In a saucepan, melt the low-fat spread over low heat. Add the onion and cook for 8 to 10 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. Bring slowly to a boil, stirring. Continue to cook until the mixture thickens.

Simmer gently for 3 minutes.

Remove the pan from the heat and season with salt and pepper.

Serve with lamb or egg dishes.

Per Serving (excluding unknown items): 42 Calories; trace Fat (3.4% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 1/2 Vegetable.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	42	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	21mcg
Saturated Fat (g):	trace	Niacin (mg):	trace

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 9g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 3mg
Potassium (mg): 173mg
Calcium (mg): 22mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

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

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 42 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	8%
Protein	1g	
Vitamin A		0%
Vitamin C		12%
Calcium		2%
Iron		1%

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