

# Italian Béchamel Sauce (White Sauce)

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-white-sauce-recipe>

## Ingredients:

- 6 3/8 tablespoons flour 6 Tbsp + 1 tsp
- 3 1/2 tablespoons butter 3 1/2 Tbsp
- 2 1/8 cups milk \* 2 cups + 2 Tbsp
- 1 pinch ground nutmeg
- white pepper salt

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 40 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 8 grams
8. Sodium: 170 milligrams
9. Sugar: 8 grams

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