

Basic Bechamel (white) Sauce

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 1 head cauliflower
- 1/4 cup raw cashews
- 1 medium onion diced
- 2 cloves garlic minced
- 3 cups oat milk or other plant milk – amount depends on desired consistency
- 1 teaspoon lemon juice
- 1/4 cup nutritional yeast
- 1 teaspoon salt
- 1/8 teaspoon nutmeg a pinch
- 1/4 teaspoon white pepper you can use black pepper as well

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 19 grams
3. Fat: 32 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 26 grams
7. Sodium: 450 milligrams
8. Sugar: 7 grams

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