

Béchamel Sauce

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-bechamel-sauce-recipe>

Ingredients:

- 4 tablespoons butter
- 1/4 cup all-purpose flour
- 2 cups milk
- salt
- white pepper
- nutmeg

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 85 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 19 grams
8. Sodium: 730 milligrams
9. Sugar: 16 grams

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