

White Sauce

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
THIN WHITE SAUCE: Butter or margarine		2 Tbsp		1/4 cup	1. Melt butter or margarine. Add flour and salt. Stir until smooth.
All-purpose flour		1/4 cup		1/2 cup	2. Add milk gradually, stirring constantly.
Salt		1/2 tsp		1 tsp	3. Cook, stirring frequently, until smooth and thick, 12 to 15 minutes.
Reconstituted instant nonfat dry milk		1 qt		2 qt	
MEDIUM WHITE SAUCE: Butter or margarine		1/4 cup	4 oz	1/2 cup	SUGGESTED USES: THIN WHITE SAUCE:
All-purpose flour		1/2 cup	4 1/2 oz	1 cup	Cream soup, gravy, creamed and scalloped vegetables, eggs, fish.
Salt		1/2 tsp		1 tsp	
Reconstituted instant nonfat dry milk		1 qt		2 qt	
THICK WHITE SAUCE: Butter or margarine		1/4 cup 2 Tbsp	6 oz	3/4 cup	MEDIUM WHITE SAUCE: Gravy, creamed and scalloped vegetables, eggs, fish, meat.
All-purpose flour		3/4 cup	6 3/4 oz	1 1/2 cups	
Salt		1/2 tsp		1 tsp	THICK WHITE SAUCE: Binder for souffles, croquettes.
Reconstituted instant nonfat dry milk		1 qt		2 qt	

Recipe for 25 servings yields 1 quart. Recipe for 50 servings yields 2 quarts.
2 tablespoons of White Sauce are used in nutrient calculation.

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Dips, Sauces, and Toppings

C-07

Nutrients Per Serving

Calories	31	Saturated Fat	.9 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	40 mg
Carbohydrate	3 g	Vitamin A	14 RE/55 IU	Sodium	68 mg
Total Fat	1.5 g	Vitamin C	0 mg	Dietary Fiber	0 g