



Butter Sauce (Mildly Thick)

RecipeTree

This sauce is prepared using a butter/flour roux and milk.

Servings: 1

COOKING TIME	TOTAL TIME
10 MIN	10 MIN

Ingredients

- 2 Tablespoons Butter
- 2 Tablespoons All Purpose Flour
- 1 cup 2% milk

Nutrition

Calories 382, Total Fat 28g, Saturated Fat 17g, Trans Fat 1g, Polyunsaturated Fat 1g, Monounsaturated Fat 7g, Cholesterol 80mg, Sodium 297mg, Total Carbohydrates 23g, Dietary Fiber 0g, Sugar 12g, Protein 9g, Vitamin A 1173IU, Vitamin C 0mg, Calcium 301mg, Iron 0mg, Phosphorous 248mg, Potassium 365mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. In a saucepan over medium heat, melt butter. Add flour to melted butter and stir with a whisk to create a smooth roux.
3. Slowly pour the milk into the roux, continuously whisking until the roux is incorporated into the milk.
4. Continue to heat until milk begins to thicken.
5. Remove from heat and test sauce using the IDDSI Flow Test. Adjust consistency as needed.
6. Use as needed in parent recipes.

Serving instructions

Total recipe yields 1 cup.

Allergens

milk, dairy, gluten, wheat

Equipment

saucepan, whisk, funnel

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service and updated on 7.10.26. Re-test sauce using IDDSI Flow Test if not using immediately or if sauce thickens upon holding. Nutrition Facts reflect the amount of the entire recipe.

Tags

funnel, sub recipe, mildly thick, whisk, saucepan