



White Sauce

USDA Recipe for CACFP

Our White Sauce recipe is a creamy combination of whole-wheat flour, milk, and spices.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free		1 Tbsp		2 Tbsp	1 In a medium stock pot, add margarine, flour, and garlic. Heat uncovered over medium–high heat for 1 minute, stirring constantly until a paste is formed.
Flour, whole-wheat	1 oz	3 Tbsp 1 ½ tsp	2 oz	¼ cup 3 Tbsp	
Garlic, fresh, minced		1 tsp		2 tsp	2 Add milk, stirring constantly. Bring to a boil.
Milk, low-fat (1%)		2 ¼ cups		1 qt ½ cup	
Salt		¼ tsp		½ tsp	
Nutmeg, ground		¼ tsp		½ tsp	3 Add salt, nutmeg, and pepper. Reduce heat to medium. Simmer uncovered for 1–2 minutes, stirring occasionally.
Pepper, white, ground		¼ tsp		½ tsp	

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					<p>4 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>5 Pour 2 cup (about 14 oz) white sauce into a steam table pan (12" x 20" x 2 ½").</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>6 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>7 Portion with ½ of a 1 fl oz ladle (approximately 1 Tbsp).</p>



NUTRITION INFORMATION

For ½ of a 1 fl oz ladle (approximately 1 Tbsp).

NUTRIENTS	AMOUNT
Calories	16
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	38 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	11 IU
Calcium	28 mg
Iron	0 mg
Potassium	40 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 14 oz	About 1 lb 12 oz
About 1 ¾ cups/1 steam table pan (12" x 20" x 2 ½")	About 3 ½ cups/2 steam table pans (12" x 20" x 2 ½")

