



White Sauce

USDA Recipe for Schools

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free		2 Tbsp	2 oz	¼ cup	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	2 oz	¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp	
Garlic, fresh, minced		2 tsp		1 Tbsp 1 tsp	
Milk, low-fat (1%)		1 qt ½ cup		2 qt 1 cup	2 Add milk, stirring constantly. Bring to a boil. 3 Add salt, nutmeg, and pepper. Reduce heat to medium. Simmer uncovered for 1–2 minutes, stirring occasionally.
Salt		½ tsp		1 tsp	
Nutmeg, ground		½ tsp		1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pepper, white, ground		½ tsp		1 tsp	
					<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 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>6 Critical Control Point: Hold for hot service at 135 °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	1g
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

50 Servings	100 Servings
About 1 lb 12 oz	About 3 lb 8 oz
About 3 ½ cups/2 steam table pans (12" x 20" x 2 ½")	About 1 qt 3 cups/4 steam table pans (12" x 20" x 2 ½")

