



BECHAMEL SAUCE DAIRY FREE

Using alternative product to the traditional bechamel recipe

 10 minutes

 15 minutes

 3 portions

INGREDIENTS

- 40 grams of margarine
- 40 grams of wheat flour, whole-grain
- 2 cups of beverages, almond milk, unsweetened, shelf stable (524 g)
- 5 grams of black pepper, powder
- 10 grams of salt, table

COOKING METHOD

- 1° melt the margarine in a pot
- 2° add flour to the margarine and make like a paste, do not allow to get colour
- 3° add cold almond milk and mix well, bring to the boil and allow to boil for 2 min

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [206 g]	% DRI
ENERGY	84 kcal	174 kcal	9 %
FAT	6 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	1 mg	2 mg	1 %
SODIUM	734 mg	1514 mg	63 %
CARBOHYDRATE	6 g	13 g	4 %
SUGARS	1 g	1 g	—
FIBER	1 g	2 g	9 %
PROTEIN	1 g	3 g	—