

Mornay Sauce

Yield: about 24 (2 oz) servings

Ingredients	Measure		Nutrition per Serving	
	24 - 2 oz			
Unsalted butter	3 oz (6 Tbsp)		Calories	90
Water	1¼ quarts		Total Fat g	6
Med-Diet® Low Sodium Cream Soup Base	7¼ oz (1½ cups)		Saturated Fat g	3
Grated Parmesan cheese	3 oz (¾ cup)		Cholesterol mg	10
Garlic powder	1½ tsp		Sodium mg	100
White wine (optional)	2 oz (¼ cup)		Carbohydrate g	5
			Fiber g	0
			Sugar g	3
			Protein g	2

Preparation

1. In saucepan, melt butter. Add water, soup base, cheese and garlic powder; whisk until blended. Stir in wine; cook, whisking frequently, until sauce is thickened and 165°F.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Cream Soup Base	6 – 14 oz	6 gal	K9212