

Roux

Yield: 48 servings

FODMAP friendly

RECIPE CUSTOMIZATION

To make it gluten-free, swap flour for gluten-free flour (check label for correct ratio)

To make it dairy-free, swap butter with another fat (we recommend avocado oil)

Ingredients

4 oz butter or other fat

4 oz flour of your choice

Directions

1. Place the butter (4 oz) in a small sauté pan, and heat over a low flame until melted and bubbly.
2. Add the flour (4 oz) to the pan, and stir with a whisk or soft spatula to combine.
3. Stir occasionally while cooking.
 - For white roux, cook for about two minutes
 - For blonde roux, continue cooking until you reach a peanut butter color.
 - For brown roux, continue cooking until you reach a deep brown/mahogany color.

Chef tip: A roux will last for months in the refrigerator (as long as butter lasts). Keep some on hand for easy access when needed. Roux can also be stored in the freezer.



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Nutrition Facts

Serving size 1 (.2oz)

Amount Per Serving **5g**

Calories 25

% Daily Value

Total Fat 1.9g **3%**

Saturated Fat 1.2g **6%**

Cholesterol 5mg **2%**

Sodium 15mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g **1%**

Vitamin A **1%**

Vitamin C **0%**

Calcium **0%**

Iron **1%**