



## Asiago Cheese Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SAUCE

### Ingredients

- 4 ounces asiago cheese grated
- 0.3 cup flour all-purpose
- 2 cups milk 1% low-fat

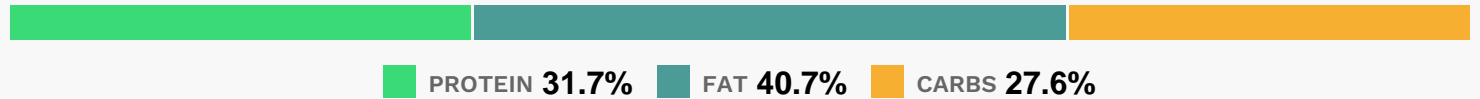
### Equipment

- sauce pan
- knife
- whisk
- measuring cup

## Directions

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour in a medium, heavy saucepan; gradually add milk, stirring with a whisk until blended.
- Place over medium heat; cook until thick (about 8 minutes), stirring constantly.
- Remove from heat; add cheese, stirring until melted.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:4.56, Inflammation Score:-4, Nutrition Score:9.2013042957886%

## Nutrients (% of daily need)

Calories: 190.31kcal (9.52%), Fat: 8.52g (13.11%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 12.79g (4.65%), Sugar: 6.1g (6.78%), Cholesterol: 25.18mg (8.39%), Sodium: 500.34mg (21.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.93g (29.86%), Calcium: 485.51mg (48.55%), Phosphorus: 326.72mg (32.67%), Vitamin B12: 1.06µg (17.67%), Vitamin B2: 0.3mg (17.52%), Selenium: 11.51µg (16.44%), Vitamin D: 1.44µg (9.6%), Vitamin B1: 0.14mg (9.31%), Vitamin A: 452.69IU (9.05%), Zinc: 1.34mg (8.94%), Magnesium: 28.35mg (7.09%), Potassium: 222.06mg (6.34%), Vitamin B5: 0.59mg (5.89%), Vitamin B6: 0.1mg (5%), Folate: 18.64µg (4.66%), Vitamin B3: 0.67mg (3.36%), Iron: 0.6mg (3.31%), Manganese: 0.06mg (3.12%), Copper: 0.02mg (1.08%)