



Cheddar Cheese Cream Sauce

READY IN



40 min.

SERVINGS



25

CALORIES



73 kcal

SAUCE

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cheddar cheese shredded

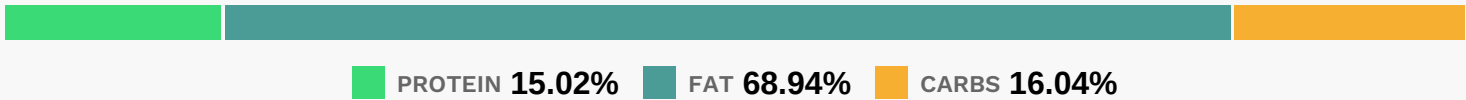
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a heavy saucepan over medium heat; whisk in flour until smooth. Gradually whisk in milk, salt, and red pepper.
- ☐ Bring mixture to a boil over medium-high heat, whisking constantly. Boil, whisking constantly, 1 minute.
- ☐ Remove from heat, and stir in cheese until melted and blended.
- ☐ Beat eggs with a fork until thick and pale. Gradually stir about one-fourth hot milk mixture into eggs; add egg mixture to remaining hot milk mixture, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:1.54, Inflammation Score:-2, Nutrition Score:2.294782606075%

Nutrients (% of daily need)

Calories: 72.5kcal (3.63%), Fat: 5.58g (8.58%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.45g (1.61%), Cholesterol: 22.91mg (7.64%), Sodium: 124.6mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Calcium: 71.55mg (7.15%), Phosphorus: 60.97mg (6.1%), Selenium: 3.68µg (5.25%), Vitamin B2: 0.09mg (5.23%), Vitamin A: 242.83IU (4.86%), Vitamin B12: 0.25µg (4.08%), Vitamin D: 0.43µg (2.86%), Zinc: 0.35mg (2.34%), Vitamin B1: 0.03mg (2.26%), Vitamin B5: 0.2mg (2%), Potassium: 56.67mg (1.62%), Folate: 6.18µg (1.54%), Vitamin B6: 0.03mg (1.47%), Magnesium: 5.74mg (1.44%), Vitamin E: 0.2mg (1.34%)