



Cheddar Cheese Sauce

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



36 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 teaspoons flour all-purpose
- ☐ 1 cup milk 1% low-fat divided
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sharp cheddar cheese shredded packed

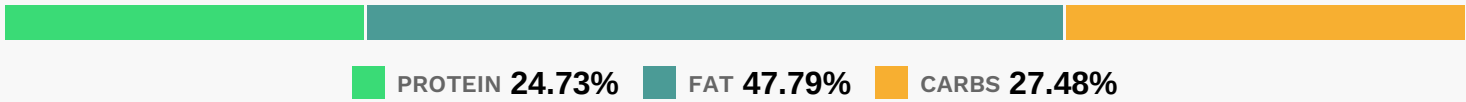
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 1/4 cup milk and flour in a saucepan; stir with a whisk. Stir in remaining 3/4 cup milk and salt; bring to a boil over medium heat, stirring frequently. Reduce heat to low; simmer 2 minutes or until slightly thickened, stirring constantly.
- ☐ Remove from heat. Stir in cheese and pepper, stirring until cheese melts.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:1.75086955467%

Nutrients (% of daily need)

Calories: 35.69kcal (1.78%), Fat: 1.89g (2.91%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.41g (0.87%), Sugar: 1.48g (1.65%), Cholesterol: 6.18mg (2.06%), Sodium: 115mg (5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Calcium: 70.93mg (7.09%), Phosphorus: 53.13mg (5.31%), Vitamin B2: 0.07mg (3.95%), Vitamin B12: 0.23µg (3.83%), Selenium: 2.29µg (3.28%), Vitamin D: 0.35µg (2.35%), Vitamin A: 105.34IU (2.11%), Zinc: 0.31mg (2.05%), Vitamin B1: 0.03mg (1.74%), Potassium: 52.45mg (1.5%), Vitamin B5: 0.13mg (1.31%), Magnesium: 5.14mg (1.28%), Vitamin B6: 0.02mg (1.08%)