



Cheddar-Cider Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

SAUCE

Ingredients

- ☐ 2 cups apple cider
- ☐ 2 teaspoons mustard dry
- ☐ 0.3 cup flour all-purpose
- ☐ 8 ounces sharp cheddar cheese shredded

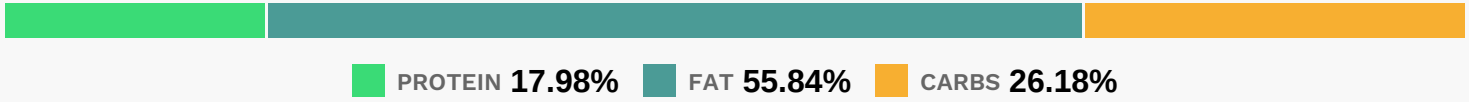
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Bring first 3 ingredients to a boil in a skillet, whisking constantly. Reduce heat, and simmer, whisking often, 5 minutes.
- ☐ Add cheese, stirring until melted.
- ☐ Serve over biscuits, toast, or cornbread.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:5.01, Inflammation Score:-3, Nutrition Score:4.6878260218579%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 159.56kcal (7.98%), Fat: 9.94g (15.28%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 10.2g (3.71%), Sugar: 5.81g (6.46%), Cholesterol: 28.35mg (9.45%), Sodium: 187.91mg (8.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Calcium: 207.07mg (20.71%), Selenium: 10.45µg (14.92%), Phosphorus: 142.33mg (14.23%), Vitamin B2: 0.16mg (9.16%), Zinc: 1.11mg (7.4%), Vitamin A: 284.81IU (5.7%), Vitamin B12: 0.3µg (5.01%), Manganese: 0.09mg (4.27%), Vitamin B1: 0.06mg (3.69%), Folate: 13.91µg (3.48%), Magnesium: 13.31mg (3.33%), Potassium: 89.29mg (2.55%), Iron: 0.34mg (1.91%), Vitamin B6: 0.03mg (1.69%), Vitamin B5: 0.17mg (1.67%), Vitamin E: 0.25mg (1.64%), Vitamin B3: 0.31mg (1.56%), Copper: 0.03mg (1.26%), Fiber: 0.28g (1.14%), Vitamin D: 0.17µg (1.13%)