

Cheese Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 3 peppercorns whole black
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.3 cups milk 1% low-fat
- ☐ 4 ounces cheddar cheese shredded extra-sharp finely

Equipment

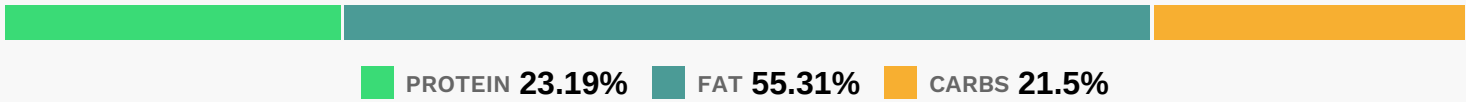
- ☐ frying pan
- ☐ whisk

☐ sieve

Directions

- ☐ Combine the first 3 ingredients in a medium sauce-pan, and cook over low heat 5 minutes.
- ☐ Remove from heat, and cool 5 minutes. Strain milk mixture through a sieve, discarding solids.
- ☐ Place flour in pan; gradually add 1/4 cup milk, stirring with a whisk until blended. Cook over low heat 1 minute, stirring constantly.
- ☐ Add remaining milk; cook until thick (about 5 minutes), stirring constantly.
- ☐ Remove from heat, and add cheese, stirring until melted.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.65, Inflammation Score:-2, Nutrition Score:3.4904347973187%

Nutrients (% of daily need)

Calories: 85.12kcal (4.26%), Fat: 5.22g (8.04%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.01g (2.23%), Cholesterol: 16.14mg (5.38%), Sodium: 108.11mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Calcium: 150.47mg (15.05%), Phosphorus: 108.54mg (10.85%), Selenium: 5.79µg (8.28%), Vitamin B2: 0.13mg (7.74%), Vitamin B12: 0.39µg (6.5%), Zinc: 0.71mg (4.73%), Vitamin A: 220.1IU (4.4%), Vitamin D: 0.52µg (3.45%), Vitamin B1: 0.05mg (3.24%), Magnesium: 9.25mg (2.31%), Folate: 8.94µg (2.23%), Potassium: 77.03mg (2.2%), Vitamin B5: 0.21mg (2.13%), Vitamin B6: 0.03mg (1.75%), Manganese: 0.03mg (1.38%), Vitamin B3: 0.22mg (1.09%)