



## Chile-Cheese Sauce

READY IN



20 min.

SERVINGS



10

CALORIES



105 kcal

SAUCE

### Ingredients

- 2 tablespoons butter
- 4.5 oz chiles green chopped canned
- 2.5 tablespoons flour all-purpose
- 2 cups milk
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 oz cheddar cheese shredded

### Equipment

sauce pan

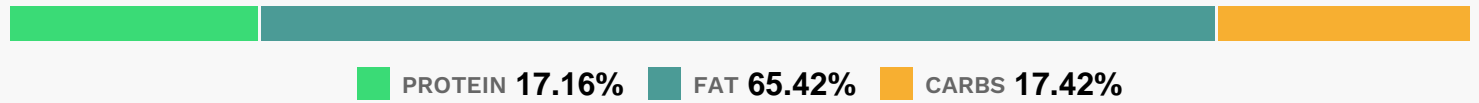
whisk

## Directions

Melt butter in a heavy saucepan over medium-low heat; add flour, whisking until smooth. Cook, whisking constantly, 1 minute. Increase heat to medium, and gradually add milk; cook, whisking constantly, until slightly thickened.

Remove from heat; add cheese and remaining ingredients, stirring until cheese melts. Keep warm.

## Nutrition Facts



## Properties

Glycemic Index:17.2, Glycemic Load:1.98, Inflammation Score:-3, Nutrition Score:3.9191304484139%

## Nutrients (% of daily need)

Calories: 105.31kcal (5.27%), Fat: 7.73g (11.89%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.39g (2.66%), Cholesterol: 17.2mg (5.73%), Sodium: 286.08mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Calcium: 146.2mg (14.62%), Phosphorus: 105.38mg (10.54%), Vitamin B2: 0.13mg (7.74%), Selenium: 4.81µg (6.88%), Vitamin B12: 0.39µg (6.44%), Vitamin A: 309.18IU (6.18%), Vitamin C: 4.37mg (5.3%), Zinc: 0.64mg (4.28%), Vitamin D: 0.6µg (4.03%), Folate: 12.74µg (3.18%), Vitamin B1: 0.05mg (3.13%), Potassium: 100.22mg (2.86%), Vitamin B6: 0.05mg (2.71%), Vitamin B5: 0.25mg (2.51%), Magnesium: 10.01mg (2.5%), Iron: 0.28mg (1.56%), Vitamin E: 0.2mg (1.32%), Vitamin B3: 0.25mg (1.25%), Manganese: 0.02mg (1.13%), Fiber: 0.28g (1.12%)