



Colby-Jack Cheese Sauce

READY IN



16 min.

SERVINGS



10

CALORIES



122 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon chicken soup base jarred
- ☐ 4 oz colby-jack cheese shredded
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon horseradish
- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon pepper

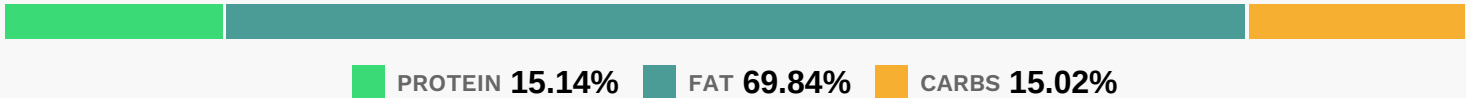
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt 1/4 cup butter in a heavy saucepan over low heat; whisk in flour and chicken soup base until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in 1 1/2 cups milk; cook over medium heat, whisking constantly, 3 to 5 minutes or until mixture is thickened and bubbly.
- ☐ Remove from heat, and whisk in Colby-Jack cheese, horseradish, and pepper, whisking until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.43, Inflammation Score:-2, Nutrition Score:3.2713043922963%

Nutrients (% of daily need)

Calories: 122.41kcal (6.12%), Fat: 9.58g (14.73%), Saturated Fat: 5.93g (37.06%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.95g (2.17%), Cholesterol: 28.11mg (9.37%), Sodium: 132.4mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Calcium: 126.02mg (12.6%), Phosphorus: 96.41mg (9.64%), Vitamin B2: 0.11mg (6.61%), Vitamin A: 317.02IU (6.34%), Selenium: 3.77µg (5.39%), Vitamin B12: 0.32µg (5.27%), Zinc: 0.58mg (3.84%), Vitamin D: 0.47µg (3.15%), Vitamin B1: 0.05mg (3.15%), Potassium: 81.29mg (2.32%), Magnesium: 9mg (2.25%), Folate: 8.83µg (2.21%), Manganese: 0.04mg (1.94%), Vitamin B6: 0.04mg (1.85%), Vitamin B5: 0.18mg (1.83%), Iron: 0.27mg (1.49%), Vitamin B3: 0.28mg (1.39%), Vitamin E: 0.19mg (1.26%)