

Easy Cheese Sauce



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



78 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup vermouth dry
- ☐ 1 garlic clove minced
- ☐ 3 cups half-and-half
- ☐ 1 teaspoon kosher salt
- ☐ 8 oz pepper jack cheese shredded

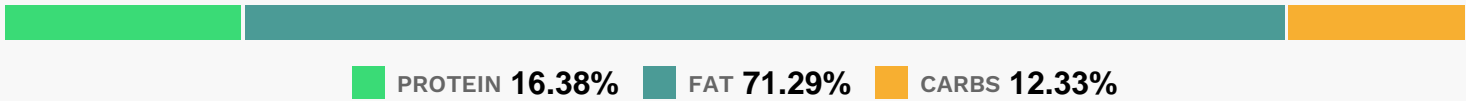
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Bring vermouth and garlic to a boil in a large skillet over medium-high heat; reduce heat to medium-low, and simmer 7 to 10 minutes or until vermouth is reduced to 1 Tbsp.
- ☐ Whisk together half-and-half and cornstarch.
- ☐ Whisk half-and-half mixture, salt, and pepper into vermouth mixture; bring to a boil over medium-high heat, whisking constantly. Boil, whisking constantly, 1 minute or until mixture is thickened.
- ☐ Add pepper Jack cheese. Reduce heat to low, and simmer, whisking constantly, 1 minute or until cheese is melted and sauce is smooth.
- ☐ Remove from heat, and use immediately.
- ☐ *Dry sherry may be substituted.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.8908695675757%

Nutrients (% of daily need)

Calories: 78.38kcal (3.92%), Fat: 6.09g (9.37%), Saturated Fat: 3.78g (23.59%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.25g (1.38%), Cholesterol: 18.24mg (6.08%), Sodium: 165.28mg (7.19%), Alcohol: 0.3g (100%), Alcohol %: 0.9% (100%), Protein: 3.15g (6.3%), Calcium: 99.22mg (9.92%), Phosphorus: 68.24mg (6.82%), Vitamin B2: 0.09mg (5.41%), Vitamin A: 172.79IU (3.46%), Selenium: 2.29µg (3.27%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.13µg (2.17%), Magnesium: 5.48mg (1.37%), Potassium: 46.74mg (1.34%), Vitamin B6: 0.02mg (1.16%), Vitamin B5: 0.1mg (1.04%)