

Four Cheese Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1079 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups heavy whipping cream
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup provolone cheese shredded
- ☐ 0.5 cup romano cheese grated
- ☐ 0.5 cup mozzarella cheese shredded

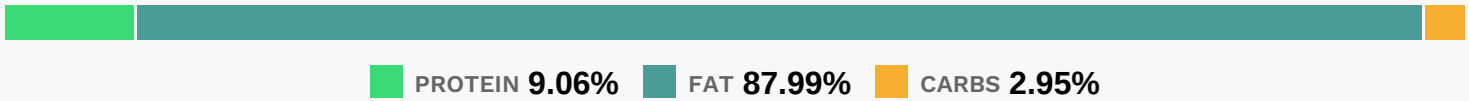
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan combine whipping cream and butter. Bring to a simmer over medium heat, stirring frequently until butter melts. Gradually stir in grated Parmesan cheese, grated mozzarella cheese, grated provolone cheese, and grated Romano cheese. Reduce heat to low, and continue to stir just until all cheese is melted.
- ☐ Serve immediately, sauce will thicken upon standing.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:0.41, Inflammation Score:-9, Nutrition Score:16.946521930073%

Nutrients (% of daily need)

Calories: 1078.62kcal (53.93%), Fat: 107.14g (164.83%), Saturated Fat: 67.59g (422.45%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 8.08g (2.94%), Sugar: 5.1g (5.67%), Cholesterol: 322.39mg (107.47%), Sodium: 1054.76mg (45.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Vitamin A: 3810.98IU (76.22%), Calcium: 699.05mg (69.91%), Phosphorus: 508.64mg (50.86%), Vitamin B2: 0.55mg (32.57%), Selenium: 19.75µg (28.22%), Vitamin B12: 1.48µg (24.61%), Vitamin D: 2.89µg (19.27%), Zinc: 2.82mg (18.81%), Vitamin E: 2.55mg (16.98%), Vitamin K: 9.29µg (8.85%), Magnesium: 34.42mg (8.61%), Potassium: 249.36mg (7.12%), Vitamin B5: 0.7mg (7.02%), Vitamin B6: 0.11mg (5.37%), Vitamin B1: 0.05mg (3.6%), Folate: 13.15µg (3.29%), Iron: 0.57mg (3.14%), Copper: 0.04mg (1.84%), Manganese: 0.03mg (1.34%), Vitamin C: 0.95mg (1.15%)