



Glen's Cheese Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



16

CALORIES



82 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cooking sherry

- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.8 cup swiss cheese shredded

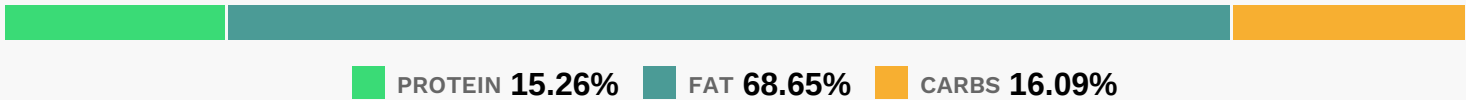
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a medium saucepan over low heat. Stir in flour, paprika, mustard, pepper and salt.
- ☐ Pour in milk and sherry; cook, stirring constantly, until thickened.
- ☐ Stir in Swiss and Cheddar cheeses. Cook, stirring constantly, until melted and well blended.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:1.67, Inflammation Score:-2, Nutrition Score:2.4421738804844%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 82.44kcal (4.12%), Fat: 6.07g (9.33%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.53g (1.7%), Cholesterol: 17.76mg (5.92%), Sodium: 91.96mg (4%), Alcohol: 0.51g (100%), Alcohol %: 1.36% (100%), Protein: 3.03g (6.07%), Calcium: 96.94mg (9.69%), Phosphorus: 72.4mg (7.24%), Vitamin B12: 0.34µg (5.71%), Selenium: 3.44µg (4.91%), Vitamin B2: 0.08mg (4.54%), Vitamin A: 205.56IU (4.11%), Zinc: 0.44mg (2.92%), Vitamin D: 0.35µg (2.31%), Vitamin B1: 0.03mg (2.3%), Magnesium: 7.09mg (1.77%), Potassium: 58.23mg (1.66%), Vitamin B5: 0.16mg (1.59%), Vitamin B6: 0.03mg (1.37%), Manganese: 0.02mg (1.23%), Folate: 4.67µg (1.17%)