



Gruyère Cheese Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SAUCE

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 3 ounces gruyère cheese shredded
- ☐ 2 cups milk 1% low-fat
- ☐ 0.5 ounces parmesan fresh finely grated

Equipment

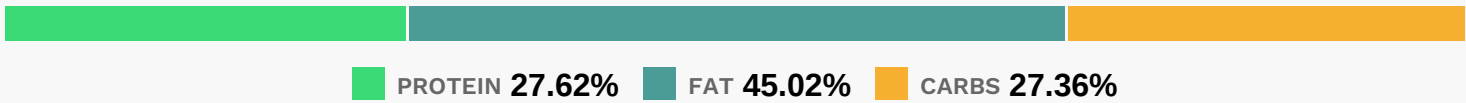
- ☐ sauce pan
- ☐ knife
- ☐ whisk

☐ measuring cup

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a medium, heavy saucepan; gradually add milk, stirring with a whisk until blended.
- ☐ Place over medium heat; cook until thick (about 8 minutes), stirring constantly.
- ☐ Remove from heat; add cheese, stirring until melted.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:4.34, Inflammation Score:-4, Nutrition Score:8.4517391116723%

Nutrients (% of daily need)

Calories: 180.88kcal (9.04%), Fat: 8.98g (13.82%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 12.07g (4.39%), Sugar: 5.98g (6.64%), Cholesterol: 31.7mg (10.57%), Sodium: 254.76mg (11.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.8%), Calcium: 406.56mg (40.66%), Phosphorus: 283.21mg (28.32%), Vitamin B12: 1.1µg (18.38%), Vitamin B2: 0.27mg (16.17%), Selenium: 9.01µg (12.87%), Zinc: 1.49mg (9.93%), Vitamin D: 1.44µg (9.62%), Vitamin B1: 0.14mg (9.52%), Vitamin A: 460.52IU (9.21%), Magnesium: 25.09mg (6.27%), Potassium: 216.46mg (6.18%), Vitamin B5: 0.6mg (5.96%), Folate: 19.03µg (4.76%), Vitamin B6: 0.09mg (4.73%), Vitamin B3: 0.63mg (3.13%), Manganese: 0.06mg (3.06%), Iron: 0.43mg (2.38%), Copper: 0.02mg (1.02%)