

## How to Make Nacho Cheese Sauce

 Vegetarian

READY IN



30 min.

SERVINGS



20

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon ancho chile powder
- 0.3 cup butter melted
- 0.3 teaspoon cayenne pepper
- 1 teaspoon flour all-purpose
- 0.3 teaspoon ground chipotle pepper dried
- 3 cups milk cold
- 0.3 pound monterrey jack cheese shredded
- 0.3 pound muenster cheese shredded

- 0.5 teaspoon paprika
- 20 servings salt to taste
- 0.5 pound sharp cheddar cheese shredded

## Equipment

- whisk
- dutch oven

## Directions

- Melt butter in a large pot or Dutch oven over medium heat.
- Sprinkle in 3 tablespoons plus 1 teaspoon flour.
- Whisk constantly until the mixture is thick and all the flour is incorporated, 3 to 4 minutes.
- Slowly pour cold milk into the butter mixture, whisking constantly until combined. Simmer, stirring occasionally, until slightly thickened, about 5 minutes. Stir in paprika, ground chipotle, ancho chile powder, cayenne pepper, and salt.
- Reduce heat to low and add sharp Cheddar cheese, Monterey Jack cheese, and Muenster cheese, a handful at a time; stir until thoroughly melted. Season with salt to taste.

## Nutrition Facts

**PROTEIN 19.99%** **FAT 73.26%** **CARBS 6.75%**

## Properties

Glycemic Index:14.55, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:4.050000011435%

## Nutrients (% of daily need)

Calories: 131.31kcal (6.57%), Fat: 10.77g (16.56%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.9g (2.11%), Cholesterol: 32.32mg (10.77%), Sodium: 370.6mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Calcium: 209.27mg (20.93%), Phosphorus: 141.78mg (14.18%), Vitamin B2: 0.14mg (8.44%), Selenium: 5.63µg (8.04%), Vitamin A: 394.66IU (7.89%), Vitamin B12: 0.45µg (7.55%), Zinc: 0.9mg (6.03%), Vitamin D: 0.54µg (3.59%), Magnesium: 10.8mg (2.7%), Potassium: 79.27mg (2.26%), Vitamin B5: 0.21mg (2.11%), Vitamin B6: 0.04mg (2.03%), Vitamin B1: 0.03mg (1.78%), Vitamin E: 0.24mg (1.6%), Folate: 4.42µg (1.1%)