



Parmesan Cheese Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



101 kcal

SAUCE

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 2 tablespoons flour
- ☐ 1 cup milk 1% low-fat
- ☐ 1 pinch paprika
- ☐ 0.5 cup parmesan shredded
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

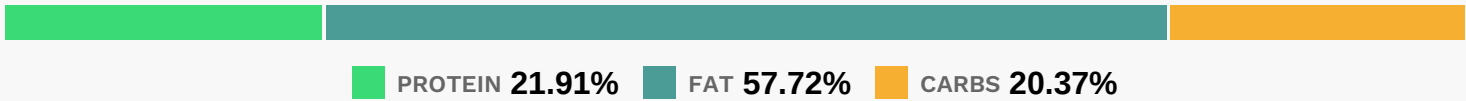
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt 1 1/2 Tbsp. butter in a medium skillet over medium-high heat.
- ☐ Sprinkle 2 Tbsp. flour into melted butter, whisking constantly. Cook, whisking constantly, 30 seconds to 1 minute or until mixture is golden and lumpy.
- ☐ Gradually whisk in 1 cup 1% low-fat milk, and bring to a boil. Cook, whisking constantly, 1 to 2 minutes, or until thickened.
- ☐ Add 1/2 cup freshly shredded Parmesan cheese, 1/4 tsp. each salt and pepper, and a pinch of paprika, whisking until smooth.
- ☐ Remove from heat, and use immediately.
- ☐ Spicy Cheese Sauce: Prepare Parmesan Cheese Sauce as directed, and whisk in 1 tsp. hot sauce.

Nutrition Facts



Properties

Glycemic Index:39.8, Glycemic Load:1.76, Inflammation Score:-2, Nutrition Score:3.7021739029366%

Nutrients (% of daily need)

Calories: 100.84kcal (5.04%), Fat: 6.47g (9.96%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 5.03g (1.83%), Sugar: 2.43g (2.7%), Cholesterol: 18.19mg (6.06%), Sodium: 321.98mg (14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Calcium: 179.89mg (17.99%), Phosphorus: 122.48mg (12.25%), Vitamin B12: 0.42µg (6.92%), Vitamin B2: 0.12mg (6.82%), Selenium: 4.31µg (6.15%), Vitamin A: 285.97IU (5.72%), Vitamin D: 0.57µg (3.79%), Vitamin B1: 0.05mg (3.65%), Zinc: 0.51mg (3.37%), Magnesium: 11.02mg (2.75%), Potassium: 90.28mg (2.58%), Vitamin B5: 0.24mg (2.35%), Vitamin B6: 0.04mg (1.98%), Manganese: 0.04mg (1.86%), Folate: 7.29µg (1.82%), Iron: 0.24mg (1.32%), Vitamin B3: 0.26mg (1.31%)