



## Parmesan Cream Sauce

READY IN



15 min.

SERVINGS



15

CALORIES



118 kcal

SAUCE

### Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cups milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

### Equipment

- ☐ sauce pan

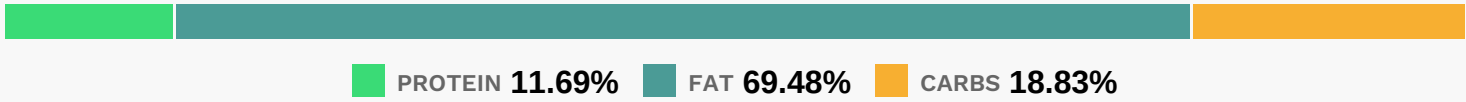
☐

whisk

## Directions

- ☐ Melt butter in a 3-qt. saucepan over medium-high heat.
- ☐ Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk. Bring to a boil, and cook, whisking constantly, 1 to 2 minutes or until thickened.
- ☐ Whisk in Parmesan cheese, salt, and pepper.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:2.69, Inflammation Score:-2, Nutrition Score:3.2839130383471%

## Nutrients (% of daily need)

Calories: 117.52kcal (5.88%), Fat: 9.18g (14.12%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 5.51g (2.01%), Sugar: 3.14g (3.49%), Cholesterol: 26.98mg (8.99%), Sodium: 170.53mg (7.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Calcium: 111.9mg (11.19%), Phosphorus: 91.72mg (9.17%), Vitamin B2: 0.12mg (6.92%), Vitamin B12: 0.41µg (6.82%), Vitamin A: 323.51IU (6.47%), Selenium: 3.42µg (4.89%), Vitamin D: 0.73µg (4.88%), Vitamin B1: 0.06mg (3.97%), Potassium: 108.97mg (3.11%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.27mg (2.74%), Magnesium: 9.8mg (2.45%), Vitamin B6: 0.04mg (2.2%), Vitamin E: 0.23mg (1.51%), Manganese: 0.03mg (1.44%), Folate: 5.52µg (1.38%), Vitamin B3: 0.24mg (1.19%)