



Pimiento Cheese Sauce

READY IN



45 min.

SERVINGS



3

CALORIES



592 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 4 ounce pimientos diced drained
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 1 teaspoon worcestershire sauce

Equipment

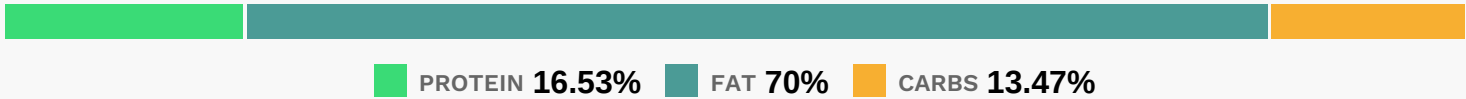
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sauce pan

Directions

- ☐ Melt butter in a heavy saucepan over medium heat; add flour, stirring until smooth. Cook, stirring constantly, 1 minute.
- ☐ Add milk gradually; cook, stirring constantly, until mixture is thickened and bubbly. Stir in salt and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:78.33, Glycemic Load:9.81, Inflammation Score:-9, Nutrition Score:21.115217250326%

Nutrients (% of daily need)

Calories: 591.72kcal (29.59%), Fat: 46.49g (71.53%), Saturated Fat: 27.3g (170.63%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 18.99g (6.91%), Sugar: 9.57g (10.63%), Cholesterol: 135.79mg (45.26%), Sodium: 904.29mg (39.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.39%), Calcium: 745.57mg (74.56%), Phosphorus: 535.46mg (53.55%), Vitamin A: 2498.9IU (49.98%), Vitamin C: 39.57mg (47.97%), Selenium: 28.29µg (40.42%), Vitamin B2: 0.65mg (38%), Vitamin B12: 1.71µg (28.53%), Zinc: 3.62mg (24.15%), Vitamin D: 2.24µg (14.95%), Vitamin B1: 0.21mg (13.67%), Vitamin B6: 0.26mg (12.8%), Potassium: 406.89mg (11.63%), Magnesium: 45.51mg (11.38%), Vitamin B5: 0.99mg (9.89%), Folate: 38.31µg (9.58%), Vitamin E: 1.41mg (9.42%), Iron: 1.49mg (8.3%), Vitamin K: 7.53µg (7.17%), Manganese: 0.12mg (6.02%), Vitamin B3: 1.13mg (5.66%), Fiber: 1.15g (4.6%), Copper: 0.07mg (3.42%)