



Reduced-fat Colby-Jack Cheese Sauce

READY IN



15 min.

SERVINGS



10

CALORIES



72 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon chicken soup base jarred
- ☐ 4 oz colby-jack cheese fat-free shredded reduced-fat
- ☐ 1.5 cups milk fat-free reduced-fat
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon horseradish
- ☐ 0.5 teaspoon pepper

Equipment

- ☐ sauce pan

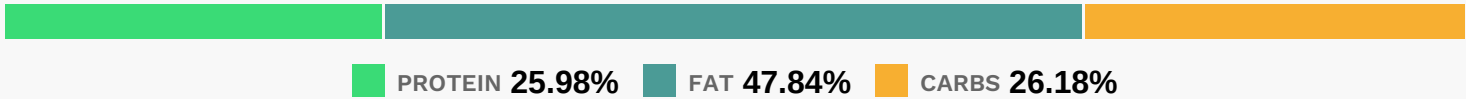
☐

whisk

Directions

- ☐ Gradually whisk milk into flour in a heavy saucepan, whisking until smooth; cook over medium heat, whisking constantly, 3 to 5 minutes or until mixture is thickened and bubbly.
- ☐ Remove from heat, and whisk in chicken soup base, Colby-Jack cheese, horseradish, and pepper, whisking until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:2.38, Inflammation Score:-2, Nutrition Score:3.1104347887247%

Nutrients (% of daily need)

Calories: 72.26kcal (3.61%), Fat: 3.83g (5.9%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.56g (1.66%), Sugar: 2.04g (2.27%), Cholesterol: 12.61mg (4.2%), Sodium: 97.07mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Calcium: 128.15mg (12.81%), Phosphorus: 97.41mg (9.74%), Vitamin B2: 0.11mg (6.36%), Vitamin B12: 0.32µg (5.37%), Selenium: 3.76µg (5.37%), Zinc: 0.59mg (3.91%), Vitamin A: 190.88IU (3.82%), Vitamin D: 0.47µg (3.16%), Vitamin B1: 0.05mg (3.14%), Potassium: 86.4mg (2.47%), Folate: 9.4µg (2.35%), Magnesium: 8.9mg (2.23%), Manganese: 0.04mg (1.92%), Vitamin B6: 0.04mg (1.79%), Vitamin B5: 0.17mg (1.71%), Iron: 0.27mg (1.48%), Vitamin B3: 0.28mg (1.4%)