



## Smoked Gouda Cheese Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SAUCE

### Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 3 ounces gouda cheese smoked shredded
- ☐ 2 cups milk 1% low-fat

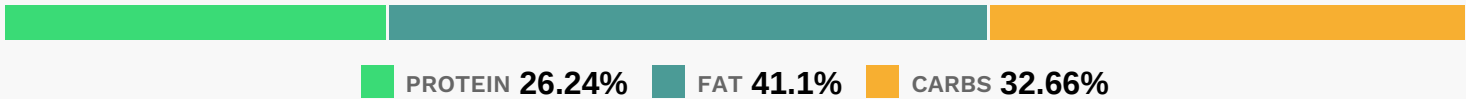
### Equipment

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

# Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a medium, heavy saucepan; gradually add milk, stirring with a whisk until blended.
- ☐ Place over medium heat; cook until thick (about 8 minutes), stirring constantly.
- ☐ Remove from heat; add cheese, stirring until melted.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:4.44, Inflammation Score:-3, Nutrition Score:7.5113044173821%

## Nutrients (% of daily need)

Calories: 154.87kcal (7.74%), Fat: 7.02g (10.81%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 12.35g (4.49%), Sugar: 6.35g (7.05%), Cholesterol: 30.14mg (10.05%), Sodium: 220.31mg (9.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Calcium: 298.69mg (29.87%), Phosphorus: 246.07mg (24.61%), Vitamin B12: 1.05µg (17.45%), Vitamin B2: 0.27mg (16.17%), Selenium: 8.21µg (11.73%), Vitamin D: 1.4µg (9.36%), Zinc: 1.39mg (9.28%), Vitamin B1: 0.14mg (9%), Vitamin A: 350.99IU (7.02%), Potassium: 221.71mg (6.33%), Magnesium: 22.04mg (5.51%), Vitamin B5: 0.53mg (5.32%), Folate: 21.12µg (5.28%), Vitamin B6: 0.09mg (4.56%), Vitamin B3: 0.61mg (3.04%), Manganese: 0.06mg (2.96%), Iron: 0.41mg (2.3%)