



Swiss Cheese Cream Sauce

READY IN



40 min.

SERVINGS



25

CALORIES



71 kcal

SAUCE

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 3 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup swiss cheese shredded

Equipment

- ☐ sauce pan

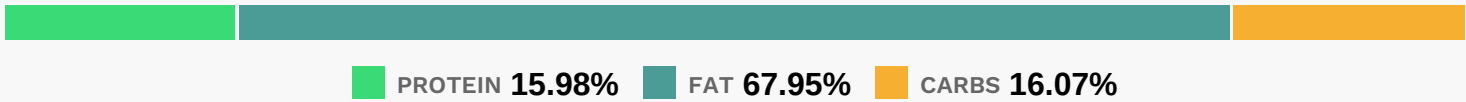
☐

whisk

Directions

- ☐ Melt butter in a heavy saucepan over medium heat; whisk in all-purpose flour until smooth. Gradually whisk in milk and salt.
- ☐ Bring mixture to a boil over medium-high heat, whisking constantly. Boil, whisking constantly, 1 minute.
- ☐ Remove from heat, and stir in cheese until melted and blended.
- ☐ Beat eggs with a fork until thick and pale. Gradually stir about one-fourth hot milk mixture into eggs; add egg mixture to remaining hot milk mixture, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:2.3482609045408%

Nutrients (% of daily need)

Calories: 70.98kcal (3.55%), Fat: 5.38g (8.28%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.43g (1.59%), Cholesterol: 22.41mg (7.47%), Sodium: 103.03mg (4.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Calcium: 78.01mg (7.8%), Phosphorus: 65.01mg (6.5%), Vitamin B12: 0.33µg (5.46%), Selenium: 3.69µg (5.28%), Vitamin B2: 0.08mg (4.82%), Vitamin A: 225.08IU (4.5%), Vitamin D: 0.4µg (2.68%), Zinc: 0.37mg (2.49%), Vitamin B1: 0.03mg (2.2%), Vitamin B5: 0.2mg (2%), Potassium: 55.85mg (1.6%), Magnesium: 5.92mg (1.48%), Vitamin B6: 0.03mg (1.44%), Folate: 5.6µg (1.4%), Vitamin E: 0.19mg (1.25%)