



WHATSheATE



## Swiss Cheese Sauce



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



100 kcal

SAUCE

### Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup vermouth dry
- ☐ 1 garlic clove pressed
- ☐ 3 cups half-and-half
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 8 oz swiss cheese shredded

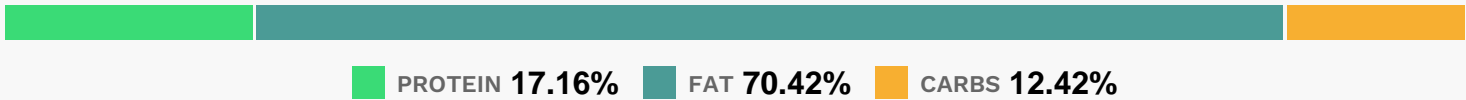
### Equipment

- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Bring vermouth and garlic to a boil in a large skillet over medium-high heat; reduce heat to medium-low, and simmer 7 to 10 minutes or until vermouth is reduced to 1 Tbsp.
- ☐ Whisk together half-and-half and cornstarch.
- ☐ Whisk salt, pepper, and half-and-half mixture into vermouth mixture; bring to a boil over medium-high heat, whisking constantly. Boil, whisking constantly, 1 minute or until mixture is thickened.
- ☐ Add cheese; reduce heat to low, and simmer, whisking constantly, 1 minute or until cheese is melted and sauce is smooth.
- ☐ Remove from heat, and use immediately.

## Nutrition Facts



## Properties

Glycemic Index:4.45, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.7878260703191%

## Nutrients (% of daily need)

Calories: 100.24kcal (5.01%), Fat: 7.69g (11.84%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.5g (1.67%), Cholesterol: 23.25mg (7.75%), Sodium: 159.54mg (6.94%), Alcohol: 0.38g (100%), Alcohol %: 0.9% (100%), Protein: 4.22g (8.44%), Calcium: 140.35mg (14.04%), Phosphorus: 100.04mg (10%), Vitamin B12: 0.41µg (6.86%), Selenium: 4.63µg (6.62%), Vitamin B2: 0.1mg (6.18%), Vitamin A: 222.91IU (4.46%), Zinc: 0.64mg (4.27%), Magnesium: 7.53mg (1.88%), Potassium: 57.29mg (1.64%), Vitamin B5: 0.16mg (1.55%), Vitamin B6: 0.03mg (1.4%), Vitamin E: 0.16mg (1.06%)