



## White Cheese Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



1146 kcal

SAUCE

### Ingredients

- 1 cup butter
- 8 ounce chilies diced green drained canned
- 3 cups monterrey jack cheese shredded
- 1 cup cup heavy whipping cream sour

### Equipment

- sauce pan

## Directions

- Melt butter in a saucepan over medium heat. Reduce heat to medium-low, and stir in shredded cheese until melted.
- Mix in sour cream and green chilies, and cook, stirring occasionally just until heated through. Do not allow to boil.

## Nutrition Facts

**PROTEIN 10.83%** **FAT 85.4%** **CARBS 3.77%**

## Properties

Glycemic Index:40.67, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:26.257391100344%

## Nutrients (% of daily need)

Calories: 1146.06kcal (57.3%), Fat: 110.81g (170.48%), Saturated Fat: 68.25g (426.57%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 9.89g (3.6%), Sugar: 7.23g (8.03%), Cholesterol: 308.49mg (102.83%), Sodium: 1195.11mg (51.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.23%), Vitamin C: 109.33mg (132.52%), Calcium: 949.16mg (94.92%), Vitamin A: 3957.21IU (79.14%), Phosphorus: 610.65mg (61.07%), Vitamin B2: 0.66mg (38.84%), Selenium: 20.36µg (29.08%), Zinc: 3.91mg (26.05%), Vitamin B6: 0.51mg (25.28%), Vitamin B12: 1.23µg (20.46%), Vitamin E: 2.86mg (19.08%), Vitamin K: 19.86µg (18.91%), Magnesium: 57.08mg (14.27%), Potassium: 448.95mg (12.83%), Folate: 44.6µg (11.15%), Iron: 1.66mg (9.23%), Manganese: 0.16mg (8.11%), Copper: 0.15mg (7.37%), Vitamin B5: 0.73mg (7.3%), Vitamin B1: 0.09mg (6.03%), Vitamin B3: 1.15mg (5.74%), Fiber: 1.13g (4.54%), Vitamin D: 0.68µg (4.52%)