



White Nacho Cheese Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 2 cups milk
- 2 cups pepper jack cheese shredded
- 2 tablespoons self-rising flour

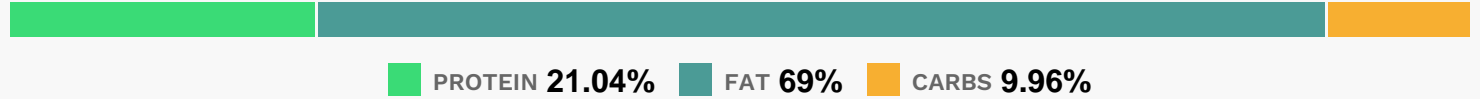
Equipment

- sauce pan
- whisk

Directions

- Melt the margarine in a small saucepan over medium heat.
- Add the flour and whisk until it forms a paste. Gradually stir in the milk so that no lumps form. Cook and stir until thickened, then remove from the heat and stir in the cheese until smooth.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.91, Inflammation Score:-6, Nutrition Score:10.62913028005%

Nutrients (% of daily need)

Calories: 346.91kcal (17.35%), Fat: 26.72g (41.1%), Saturated Fat: 14.24g (88.99%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.6g (3.13%), Sugar: 6.16g (6.85%), Cholesterol: 64.93mg (21.64%), Sodium: 451.44mg (19.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.65%), Calcium: 574.17mg (57.42%), Phosphorus: 379.08mg (37.91%), Vitamin B2: 0.39mg (23.14%), Vitamin B12: 1.13µg (18.91%), Vitamin A: 882.59IU (17.65%), Selenium: 11.9µg (17%), Zinc: 2.22mg (14.83%), Vitamin D: 1.68µg (11.21%), Magnesium: 30.98mg (7.74%), Potassium: 235.21mg (6.72%), Vitamin B6: 0.12mg (6.05%), Vitamin B5: 0.59mg (5.95%), Vitamin B1: 0.08mg (5.35%), Vitamin E: 0.44mg (2.93%), Folate: 11.4µg (2.85%), Iron: 0.44mg (2.44%), Manganese: 0.04mg (1.94%), Vitamin K: 1.79µg (1.7%), Copper: 0.03mg (1.28%), Vitamin B3: 0.22mg (1.09%)