

Cheese Sauce II

Kathy Y Edlefson - Houma, LA
Southern Living - 1984 Annual Recipes

Yield: 3/4 cup

1 tablespoon butter or margarine
1 tablespoon all-purpose flour
1/2 cup milk
1/8 teaspoon salt
1/2 cup (2 ounces) sharp shredded
cheese, shredded

In a heavy saucepan over low heat, melt the butter. Add the flour and cook for 1 minute, stirring constantly.

Gradually add the milk. Cook over medium heat, stirring constantly, until thickened and bubbly.

Add the salt and cheese. Stir until the cheese melts.

Per Serving (excluding unknown items): 205 Calories; 16g Fat (68.0% calories from fat); 5g Protein; 12g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 433mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Non-Fat Milk; 3 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	205
% Calories from Fat:	68.0%
% Calories from Carbohydrates:	22.5%
% Calories from Protein:	9.5%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	48mg
Carbohydrate (g):	12g
Dietary Fiber (g):	trace
Protein (g):	5g
Sodium (mg):	433mg
Potassium (mg):	197mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	19mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 152mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 587IU
Vitamin A (r.e.): 153 1/2RE

Non-Fat Milk: 1/2
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 205 Calories from Fat: 139

% Daily Values*

Total Fat 16g 24%
 Saturated Fat 10g 49%
Cholesterol 48mg 16%
Sodium 433mg 18%
Total Carbohydrates 12g 4%
 Dietary Fiber trace 1%
Protein 5g

Vitamin A 12%
Vitamin C 2%
Calcium 15%
Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.