

Cheese Sauce III

Step-By-Step Sauces

Salamander Books, Ltd. - London, England

Yield: 1 1/4

6 teaspoons low-fat spread

1/4 cup plain flour

1 1/4 cups semi-skimmed milk

*1/2 cup reduced-fat Cheddar cheese,
grated*

1 teaspoon prepared mustard

salt (to taste)

pepper (to taste)

In a saucepan, melt the spread over a low heat.
Stir in the flour. Cook for 1 minute, stirring.

Remove the pan from the heat and gradually stir
or whisk in the milk. Bring slowly to a boil,
stirring or whisking. Continue to cook until the
mixture thickens.

Simmer gently for 3 minutes. Remove the pan
from the heat.

Stir in the Cheddar cheese and mustard.

Season with salt and pepper.

Serve with poultry, fish, ham, vegetables or egg
dishes.

Per Serving (excluding unknown
items): 4 Calories; trace Fat (47.2%
calories from fat); trace Protein;
trace Carbohydrate; trace Dietary
Fiber; 0mg Cholesterol; 63mg
Sodium. Exchanges: 0 Lean Meat;
0 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	4	Vitamin B6 (mg):	trace
% Calories from Fat:	47.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	30.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.3%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	63mg
Potassium (mg):	7mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	4	Calories from Fat: 2
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	63mg	3%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		1%

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