

# Garlic-Cheese Sauce

*Southern Living - 1984 Annual Recipes*

## Yield: 3/4 cup

*1 tablespoon butter or margarine*

*1 tablespoon all-purpose flour*

*1/2 cup milk*

*1/4 teaspoon garlic powder*

*dash pepper*

*1/4 cup (1 ounce) Cheddar cheese,  
shredded*

Place the butter in a two-cup glass measure.  
Microwave on HIGH for 35 seconds or until  
melted. Add the flour, stirring until smooth.  
Gradually add the milk, stirring well.

Microwave on HIGH for 1-1/2 to 2 minutes or  
until thickened and bubbly.

Stir in the garlic powder, pepper and cheese.

Microwave on HIGH for 30 to 35 seconds or until  
the cheese melts. Stir well.

Serve over beef, vegetables or eggs.

---

Per Serving (excluding unknown  
items): 321 Calories; 25g Fat  
(69.6% calories from fat); 12g  
Protein; 13g Carbohydrate; trace  
Dietary Fiber; 77mg Cholesterol;  
353mg Sodium. Exchanges: 1/2  
Grain(Starch); 1 Lean Meat; 1/2  
Non-Fat Milk; 4 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	321
% Calories from Fat:	69.6%
% Calories from Carbohydrates:	15.5%
% Calories from Protein:	15.0%
Total Fat (g):	25g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	77mg
Carbohydrate (g):	13g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	24mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
-----------------	-----

**Protein (g):** 12g  
**Sodium (mg):** 353mg  
**Potassium (mg):** 232mg  
**Calcium (mg):** 355mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 887IU  
**Vitamin A (r.e.):** 244RE

**Lean Meat:** 1  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 321 Calories from Fat: 224

### % Daily Values\*

<b>Total Fat</b>	25g	39%
Saturated Fat	16g	78%
<b>Cholesterol</b>	77mg	26%
<b>Sodium</b>	353mg	15%
<b>Total Carbohydrates</b>	13g	4%
Dietary Fiber	trace	1%
<b>Protein</b>	12g	

<b>Vitamin A</b>	18%
<b>Vitamin C</b>	2%
<b>Calcium</b>	36%
<b>Iron</b>	4%

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