

Swiss Cheese Sauce

Susan McEwen McIntosh
"Southern Living" Cooking Light - 1983

Yield: 1 cup

*1 tablespoon reduced calorie
margarine*
1 tablespoon all-purpose flour
3/4 cup skim milk
1/4 teaspoon dry mustard
1/8 teaspoon salt
1/8 teaspoon white pepper
*1/2 cup (two ounces) Swiss cheese,
shredded*

Melt the margarine in a small saucepan over low heat. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly. (Mixture will be dry.)

Gradually add the milk, stirring with a wire whisk until smooth. Cook over medium heat, stirring constantly, until thickened and bubbly.

Add the mustard, salt, pepper and cheese, stirring until the cheese is melted.

Per Serving (excluding unknown items): 308 Calories; 16g Fat (47.3% calories from fat); 23g Protein; 17g Carbohydrate; trace Dietary Fiber; 55mg Cholesterol; 498mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	308
% Calories from Fat:	47.3%
% Calories from Carbohydrates:	22.3%
% Calories from Protein:	30.5%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	55mg
Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	23g
Sodium (mg):	498mg
Potassium (mg):	379mg
Calcium (mg):	776mg
Iron (mg):	1mg
Zinc (mg):	3mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	855IU
Vitamin A (r.e.):	256RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	25mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	308	Calories from Fat: 146
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% Daily Values*

Total Fat	16g	25%
Saturated Fat	10g	52%
Cholesterol	55mg	18%
Sodium	498mg	21%
Total Carbohydrates	17g	6%
Dietary Fiber	trace	1%
Protein	23g	

Vitamin A	17%
Vitamin C	3%
Calcium	78%
Iron	3%

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