

Cheese Sauce

Meat Alternate

Dips, Sauces, and Toppings

C-07A

Ingredients	1 Quart		2 Quarts		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	1. Melt margarine or butter in a sauce pan. Add flour and salt. Stir until smooth.
Enriched all-purpose flour	2 ¼ oz	½ cup	4 ½ oz	1 cup	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
Reduced fat processed American cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cup	2. Gradually add milk, stirring constantly.
					3. Cook, stirring frequently, until smooth and beginning to thicken, 12-15 minutes. Add in cheese and continue to stir until smooth and thick.
					4. Portion with 1 oz ladle (2 Tbsp).
					CCP: Hold for hot service at 140° F or warmer. OR Refrigerate within 2 hours. Hold at 40° F or colder.
					Refrigerate until ready to serve.

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle) provides ¾ oz cheese.	1 Quart 16 1 oz servings	1 Quart
	2 Quarts 32 1 oz servings	2 Quarts
	Edited 2014	

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Nutrients Per Serving

Calories	56	Saturated Fat	1.25 g	Iron	0.13 mg
Protein	3.08 g	Cholesterol	0 mg	Calcium	92 mg
Carbohydrate	4.13 g	Vitamin A	185 IU	Sodium	238 mg
Total Fat	2.97 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g