

Cheese Sauce Chart

Yield: about 8 cups sauce

| Ingredients | | Measure | | Nutrition per 2 Tbsp Serving | |
|--|--|---|--|------------------------------|-----|
| | | 8 cups | | | |
| Water | | 7 cups | | Calories | 20 |
| Med-Diet® Low Protein or Freeze/Thaw Cheddar Cheese Sauce Mix | | 11 or 13 oz (1 bag) | | Total Fat g | 1 |
| | | | | Saturated Fat g | 0.5 |
| | | | | Cholesterol mg | 0 |
| | | | | Sodium mg | 140 |
| | | | | Carbohydrate g | 3 |
| | | | | Fiber g | 0 |
| | | | | Sugar g | 1 |
| | | | | Protein g | 0 |
| Cheese Sauce | | Stir-in's | | Top This | |
| Prepare as directed below | | Dried herbs such as Italian seasoning, oregano, basil or dill | | Baked potato | |
| | | Chopped fresh herbs such as parsley, basil or chives | | Cooked broccoli florets | |
| | | Sautéed sliced mushrooms | | Scrambled eggs | |
| | | Chopped fresh jalapeño peppers | | Omelet | |
| | | Chili powder or garlic powder | | Nachos | |
| | | | | Potato Fries | |
| | | | | Burgers and hot dogs | |
| | | | | Potato skins | |

Preparation

1. In large pot, stir together 7 cups water and one (11- or 13-ounce) bag cheese sauce mix.
2. Cook, whisking constantly, until thickened and smooth. Add stir-in; mix well. Hold warm, adding water as needed.
3. Spoon cheese sauce over Top This just before serving.

Product Information

| Product | Case Pack | Yield | Product Code |
|--|-----------|-------|--------------|
| Med-Diet® Low Protein Cheddar Cheese Sauce Mix | 6 – 11 oz | 3 gal | K9184 |
| Med-Diet® Freeze/Thaw Cheddar Cheese Sauce Mix | 6 – 13 oz | 3 gal | K9172 |