



825001 - Cheese Sauce

Source: K12 Culinary

Number of Portions: 64

Size of Portion: 1/4 cup

Components:

Meat/Alt: 1.25 oz

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Meat/Meat Alter

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050342 CHEESE, AMERICAN, YELLOW, PASTEURIZED, P... 014429 WATER,MUNICIPAL.....	5 lbs 1 qt	Spray a half size 4 or 6 inch pan with pan release. Stack cheese in 5 inch high portions. Using a chef's knife, cut the stacks 4X4 (this helps the cheese to melt faster). Place 5 lbs. of cheese and 1 qt. of water in the prepared pan. Steam covered (or uncovered if using a combi steamer) for 25 minutes. Steam longer if cheese is not fully melted. CCP: Heat to 135° F or higher.
014429 WATER,MUNICIPAL.....	1 qt + 1 PINT	Using a stiff whisk, add 1 ½ qts. of water and stir cheese until smooth - about 2 minutes (cheese may appear thin, but will thicken during holding). Cover and hold until service. Serve 1/4 cup using 2 oz. spoodle to provide 1 1/4 oz eq meat alternate. Cheese sauce may also be used in other recipes such as nachos and macaroni and cheese. CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	133 kcal	Cholesterol	34 mg	Sugars	*0.0* g	Calcium	196.11 mg	75.22%	Calories from Total Fat
Total Fat	11.07 g	Sodium	529 mg	Protein	7.85 g	Iron	0.06 mg	47.37%	Calories from Saturated Fat
Saturated Fat	6.97 g	Carbohydrates	0.56 g	Vitamin A	340.0 IU	Water ¹	*36.99* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.0 mg	Ash ¹	*0.04* g	1.70%	Calories from Carbohydrates
								23.70%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.