



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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826960 CHEESE, AMERICAN, YELLOW, PASTEURIZED, P.... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	5 lbs 1 qt	Spray a half size 4 or 6 inch pan with food 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 lb 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 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 qt	Using an immersion blender or 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	195.89	mg	75.22%	Calories from Total Fat
Total Fat	11.07	g	Sodium	528	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	*29.60*	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	*0.03*	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.