



825065 - Nacho Cheese Sauce

Source: K12 Culinary
Number of Portions: 74
Size of Portion: 1/4 cup

Components:

Meat/Alt: 1 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. |
| 825024R Seasoning Blend, Mexican..... 051495 Salsa, Low-sodium, Canned..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... | 1 Tbsp 1 cup 1 qt | Prepare school made Mexican Seasoning Blend according to recipe #825024. Using a stiff whisk, add 1 cup salsa, 1 tablespoon school made Mexican Seasoning, and 1 quart 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 oz eq meat alternate. Nacho cheese sauce may also be used in other recipes such as nachos or southwestern macaroni and cheese. (Note: recipe made with 5 lb of cheese yields 1 gal + 2 1/2 cups.) CCP: Hold at 135° F or higher. |

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

| | | | | | | | | | |
|------------------------|----------|---------------|--------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories | 116 kcal | Cholesterol | 29 mg | Sugars | *0.1* g | Calcium | 170.46 mg | 74.43% | Calories from Total Fat |
| Total Fat | 9.59 g | Sodium | 462 mg | Protein | 6.80 g | Iron | 0.11 mg | 46.81% | Calories from Saturated Fat |
| Saturated Fat | 6.03 g | Carbohydrates | 0.76 g | Vitamin A | 340.1 IU | Water ¹ | *25.61* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 0.13 g | Vitamin C | 0.7 mg | Ash ¹ | *0.03* g | 2.61% | Calories from Carbohydrates |
| | | | | | | | | 23.46% | 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.