

# Cheese Sauce Chart

**Yield:** about 8 cups sauce

Ingredients		Measure		Nutrition per 2 Tbsp Serving	
		<b>8 cups</b>			
Water		7 cups		Calories	20
<b>Med-Diet® Low Protein or Freeze/Thaw Cheddar Cheese Sauce Mix</b>		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	2192813
Med-Diet® Freeze/Thaw Cheddar Cheese Sauce Mix	6 – 13 oz	3 gal	2279065