

Basic Cheese Sauce

Yield: 18 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/wendys-swiss-cheese-sauce-recipe>

Ingredients:

- 4 tablespoons butter
- 6 tablespoons flour
- 2 teaspoons mustard powder dried
- 4 cups milk room temperature
- 3 cups Swiss cheese grated, preferably Gruyère
- 2 cups grated cheddar cheese
- 1 cup grated Parmesan cheese
- 2 teaspoons salt
- freshly ground black pepper
- 1 pinch freshly grated nutmeg optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 45 milligrams
4. Fat: 15 grams
5. Protein: 13 grams
6. SaturatedFat: 9 grams
7. Sodium: 520 milligrams
8. Sugar: 4 grams

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