

# Cheese Sauce JTM

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46442
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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<b>Meat/Meat Alternate</b>	1.099
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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<b>Amount Per Serving</b>	
<b>Calories</b>	118.68
<b>Fat</b>	8.79g
<b>Saturated Fat</b>	5.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.77mg
<b>Sodium</b>	452.75mg
<b>Carbohydrates</b>	2.20g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.10g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	7.69g
<b>Vitamin A</b> 426.37mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 221.98mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

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<b>Calories</b>	209.32
<b>Fat</b>	15.51g
<b>Saturated Fat</b>	8.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.27mg
<b>Sodium</b>	798.51mg
<b>Carbohydrates</b>	3.88g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.94g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	13.57g
<b>Vitamin A</b> 751.99mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 391.50mg	<b>Iron</b> 0.00mg