

## Nacho Cheese Sauce

8 servings

10 minutes

*This 5-minute, super easy Keto cheese sauce is perfect for dipping your broccoli, pouring over your chili cheese dog, and even makes a great addition to nachos! With only a handful of ingredients, it's a great low carb recipe you are going to want to have.*

- 1 3 tbsp butter  
2 ounce cream cheese
- 2 2 cups shredded cheese  
1 cup heavy cream

In a small saucepan melt butter. Once the butter is melted, add any seasonings and the cream cheese. Stir over medium-high heat.

Add heavy cream and cheddar cheese and continue stirring until the sauce has reached your desired thickness.

Nutrition Facts	
Serving Size: 1	
Servings per Recipe: 8	
Amount per Serving	
Calories (kcal)	275.0
Fat (g)	26.82
Saturated Fat (g)	16.0
Trans Fat (g)	0.0
Polyunsaturated Fat (g)	0.0
Monounsaturated Fat (g)	0.0
Cholesterol (mg)	77.75
Sodium (mg)	200.97
Carbohydrates (g)	2.25
Sugar (g)	1.15
Fiber (g)	0.0
Protein (g)	7.27
Calcium 238.03 mg	Iron 0.03 mg
Phosphorus 0.0 mg	Potassium 39.02 mg
Riboflavin 0.0 mg	Vitamin A 0.0 IU
Vitamin C 0.0 mg	Vitamin D 19.0 IU
Vitamin E 0.0 IU	Zinc 0.0 mg

Re-produced from *Low Carb Cheddar Cheese Sauce*<sup>1</sup>

<sup>1</sup>Stephanie Parlegreco. *Low Carb Cheddar Cheese Sauce*. July 2020. URL: <https://icantbelieveitslowcarb.com/keto-cheese-sauce/>.