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Swiss Cheese Recipe ♦♦

This recipe is a classic Swiss cheese dish that is perfect for cheese lovers. It has a rich and creamy flavor with a hint of nuttiness. The cheese is melted and combined with other ingredients to create a delicious and satisfying dish. It can be enjoyed as a main course or as a side dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Swiss cheese
50 g	butter
50 g	All-Purpose Flour
500 ml	Milk
1 tsp	Salt

0.5 tsp Black pepper

0.25
tsp Nutmeg

Directions

Step 1

Grating

Grate the Swiss cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Melt the butter in a saucepan over medium heat.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stove

Add the flour to the melted butter and cook for 1 minute, stirring constantly.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stove

Gradually add the milk to the saucepan, whisking constantly to prevent lumps.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Stove

Cook the sauce for 5 minutes, or until thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Remove the saucepan from the heat and stir in the grated Swiss cheese until melted and smooth.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Season the sauce with salt, black pepper, and nutmeg.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Serve the Swiss cheese sauce over cooked pasta or steamed vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	30 g	107.14%	120%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	60 mg	6%	6%
Iron	4 mg	50%	22.22%
Potassium	2 mg	0.06%	0.08%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Indian

Mexican

French

Thai

Japanese

Mediterranean

Greek

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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