AMERICAN · SAUCE

Velvety Three-Ingredient Cheddar Sauce (No Flour)

15 min · Makes 16 × 3 tbsp (about 45 g) · 114 kcal a portion · Video 5:49 · Serious Keto (Steve)

Carnivore · Gluten-free ingredients · No nuts listed

Thickened with no flour or starch, a 3-tbsp serve has about 7 g of protein and under 1 g of carbohydrate, and is a source of calcium.

Diet notes: Keto (0.5 g net carbs a serve).

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Ingredients 3 · MAKES 16 × 3 TBSP (ABOUT 45 G)

- [ ] 1¼ cups **chicken stock**
- [ ] 1½ tsp (¼ oz) **sodium citrate**
- [ ] 4 cups shredded **sharp cheddar**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Shred 16 oz sharp cheddar (about 4 packed cups); weighing it gives the most reliable result. 1:07
2. Pour 1¼ cups chicken stock into a medium pot, bring it to a simmer over medium heat and stir in ¼ oz (1½ tsp) sodium citrate until it dissolves. 1:40
3. Turn the heat down to medium-low and add the cheese a handful at a time, whisking until each handful has almost melted before adding the next. 3:04
4. Whisk until the sauce is smooth and glossy. It thickens as it cools; for a thicker, nacho-style sauce use a little more cheese or a little less stock. 3:46
5. Serve warm as a dip or spooned over meat, eggs or vegetables. Leftovers keep in the fridge for about a week.

> **Tip** Sodium citrate (a sodium salt sold for modernist cooking) stops the cheese splitting, so no flour is needed. Swap the stock for water or milk, or the cheddar for Swiss or pepper jack, to change the flavour.

The method is a summary in our words — the video shows every step.

One portion, 3 tbsp (about 45 g), gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
114 kcal	7.1 g	0.5 g	0 g	9.3 g	370 mg
480 kJ	14% of a day	0.5 g net · 0.2 g sugars	0% of a day	5.9 g saturated	16% of a day
		0% of a day		12% of a day	

Energy from net carbs 2% · protein 25% · fat 73% — fits keto: 0.5 g net carbs, 73% of the energy from fat

Source of (10–19%) Calcium 16%

Recipe and video: Serious Keto (Steve) (@SeriousKeto) on YouTube — youtube.com/watch?v=enS8WEUlhgQ, published 23 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/velvety-cheddar-sauce-sodium-citrate