



Aged Cheddar and Stout Fondue

READY IN



50 min.

SERVINGS



48

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz farro dry drained
- 8 oz regular crescent rolls refrigerated canned (8 Count)
- 6 cups sharp cheddar cheese grated
- 3 tablespoons flour all-purpose
- 2 teaspoons olive oil
- 1 teaspoon garlic finely minced
- 0.5 cup porter
- 6 tablespoons orange juice concentrate frozen thawed ()
- 1 teaspoon ground mustard

- 1 teaspoon worcestershire sauce

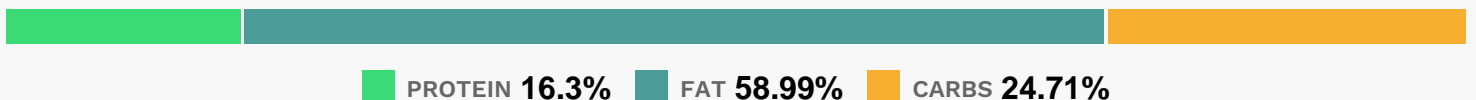
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife

Directions

- Heat oven to 375°F. Unroll each can crescent dough into long rectangle. Firmly press perforations to seal. Using a small knife, cut dough into 1-inch by 4-inch strips. (
- Cut number of strips to match number of cocktails links in package--about 48.)
- Wrap each cocktail link with 1 dough strip around middle of link.
- Place on ungreased cookie sheet, seam side down, about 2 inches apart.
- Bake 10 to 12 minutes or until golden brown.
- In large bowl, toss grated cheese with the flour. In 2-quart saucepan over medium heat, swirl in the olive oil. When shimmering, add the garlic; cook 30 seconds until very fragrant.
- Add stout, apple juice concentrate, ground mustard and Worcestershire sauce.
- Heat to a simmer (let simmer 3 minutes if you want alcohol to evaporate) and gradually, in small batches, add cheese, constantly stirring until fondue is smooth, thick and cheese completely melted. If too thick, stir in an additional oz of stout until desired consistency.
- Serve fondue immediately with pigs in the blanket.

Nutrition Facts



Properties

Glycemic Index:2.75, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.488695629265%

Nutrients (% of daily need)

Calories: 91.5kcal (4.57%), Fat: 6.05g (9.3%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.35g (1.94%), Sugar: 1.11g (1.23%), Cholesterol: 14.13mg (4.71%), Sodium: 131.5mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Calcium: 101.91mg (10.19%), Phosphorus: 71.31mg (7.13%), Selenium: 4.97µg (7.1%), Vitamin B2: 0.07mg (4.31%), Zinc: 0.6mg (3.97%), Vitamin C: 2.72mg (3.3%), Vitamin A: 149.23IU (2.98%), Vitamin B12: 0.15µg (2.5%), Folate: 6.65µg (1.66%), Magnesium: 6.57mg (1.64%), Manganese: 0.03mg (1.45%), Fiber: 0.35g (1.41%), Vitamin B1: 0.02mg (1.35%), Iron: 0.23mg (1.29%), Vitamin B6: 0.03mg (1.26%), Vitamin B3: 0.23mg (1.15%)