



Appetizer Beer-Cheese Fondue

READY IN



35 min.

SERVINGS



16

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bread french
- ☐ 1 loaf cheese cubed (16 oz. box)
- ☐ 1.5 cups broccoli frozen cooked drained chopped (from 12-oz bag)
- ☐ 0.3 cup beer
- ☐ 2 ounces pimientos diced drained
- ☐ 1 teaspoon ground mustard

Equipment

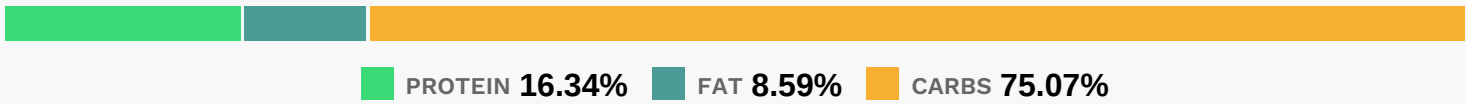
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ skewers
- ☐ slow cooker
- ☐ wooden skewers

Directions

- ☐ Heat oven to 350°.
- ☐ Cut bread into 1-inch cubes.
- ☐ Place bread pieces in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Bake about 10 minutes, stirring twice, until lightly toasted.
- ☐ Transfer to serving bowl or basket.
- ☐ Meanwhile, melt cheese in 2-quart saucepan over medium heat, stirring occasionally. Stir in broccoli, beer, pimientos and mustard. Cook, stirring occasionally, until hot.
- ☐ Pour cheese mixture into ceramic fondue pot over Low heat or into 1 1/2-quart slow cooker at Low heat setting.
- ☐ To serve, skewer toasted bread pieces with fondue forks or wooden skewers and dip into cheese mixture. Cheese mixture will hold in slow cooker on Low heat setting up to 2 hours. 16 servings (1/2 cup bread cubes and 2 tablespoons fondue each).

Nutrition Facts



Properties

Glycemic Index:14.06, Glycemic Load:11.57, Inflammation Score:-3, Nutrition Score:5.0765216721465%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 83.38kcal (4.17%), Fat: 0.8g (1.22%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.71g (5.35%), Sugar: 1.58g (1.75%), Cholesterol: 0.06mg (0.02%), Sodium: 174.56mg (7.59%), Alcohol: 0.14g (100%), Alcohol %: 0.41% (100%), Protein: 3.41g (6.81%), Vitamin B1: 0.21mg (13.94%), Vitamin C: 11.05mg (13.4%), Selenium: 8.62µg (12.32%), Folate: 40.75µg (10.19%), Manganese: 0.17mg (8.62%), Vitamin K: 8.98µg (8.56%), Vitamin B2: 0.13mg (7.93%), Vitamin B3: 1.47mg (7.35%), Iron: 1.25mg (6.97%), Phosphorus: 37.79mg (3.78%), Fiber: 0.93g (3.74%), Magnesium: 11.75mg (2.94%), Vitamin A: 146.15IU (2.92%), Vitamin B6: 0.06mg (2.82%), Copper: 0.05mg (2.51%), Zinc: 0.35mg (2.31%), Calcium: 19.79mg (1.98%), Potassium: 68.04mg (1.94%), Vitamin B5: 0.15mg (1.45%), Vitamin E: 0.16mg (1.07%)