



Beer and Cheddar Fondue

READY IN



20 min.

SERVINGS



20

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces processed cheese food shredded
- 0.5 teaspoon chicken soup base instant
- 2 tablespoons cornstarch
- 1 clove garlic halved
- 1 cup beer light
- 8 ounces sharp cheddar cheese shredded
- 2 tablespoons water cold
- 20 servings items sweet red french italian assorted soft for dipping (or bread cubes, breadsticks, broccoli florets, pepper pieces, pretzels, and/or precooked baby sunburst squash)

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Equipment

- bowl
- sauce pan
- pot
- wooden spoon
- spatula
- skewers

Directions

- Rub the bottom and sides of a heavy metal fondue pot* with the garlic halves; discard garlic. In fondue pot, combine the beer and bouillon. Bring to boiling over medium-high heat.
- In a small bowl, stir together cornstarch and the water.
- Add cornstarch mixture in a steady stream to beer mixture while stirring with a heat-resistant rubber spatula or wooden spoon. Cook and stir until thickened and bubbly. Reduce heat to medium-low. Gradually stir in shredded cheeses, stirring after each addition until cheese melts.
- Place fondue pot over fondue burner.
- Serve immediately with desired items for dipping. Spear item with a fondue fork or wooden skewer; dip into cheese mixture, swirling to coat. (Fondue will thicken as it holds over the burner.) Makes 6 to 8 servings.
- Note: If you want to use a ceramic fondue pot, prepare fondue in a medium saucepan as above through Step
- Transfer cheese mixture to ceramic pot and continue as directed in step 3.

Nutrition Facts

 **PROTEIN 20.73%**  **FAT 71.08%**  **CARBS 8.19%**

Properties

Glycemic Index:4.2, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:2.2586956375643%

Nutrients (% of daily need)

Calories: 74.13kcal (3.71%), Fat: 5.67g (8.72%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.19g (0.21%), Cholesterol: 17.02mg (5.67%), Sodium: 181.49mg (7.89%), Alcohol: 0.37g (100%), Alcohol %: 1.48% (100%), Protein: 3.72g (7.44%), Calcium: 140.32mg (14.03%), Phosphorus: 90.11mg (9.01%), Selenium: 4.46µg (6.37%), Vitamin B2: 0.07mg (3.85%), Zinc: 0.56mg (3.74%), Vitamin B12: 0.21µg (3.46%), Vitamin A: 167.22IU (3.34%), Magnesium: 5.23mg (1.31%)