



Beer-and-Cheddar Fondue

READY IN



45 min.

SERVINGS



6

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer
- ☐ 6 tablespoons butter
- ☐ 4 ounce chiles green chopped canned
- ☐ 16 ounce blocks cheddar cheese shredded
- ☐ 6 tablespoons flour all-purpose
- ☐ 6 servings bread french cubed sliced
- ☐ 1 garlic clove chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 pound sausage meat

- ☐ 2 cups milk
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon salt

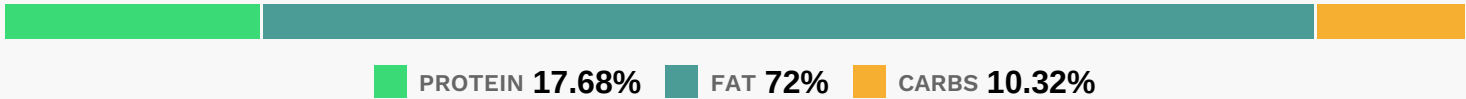
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Cook ground pork sausage in a large saucepan over medium heat, stirring until it crumbles and is no longer pink.
- ☐ Drain and remove sausage from pan.
- ☐ Melt butter in saucepan over medium heat; add onion and garlic, and saut until tender.
- ☐ Add flour, stirring until smooth. Cook, stirring constantly, 1 minute. Gradually add milk, stirring until thickened.
- ☐ Add cheese, stirring until melted.
- ☐ Remove from heat; stir in sausage, beer, and next 3 ingredients.
- ☐ Transfer to a fondue pot or slow cooker; keep warm on LOW.
- ☐ Serve with cubed French bread or sliced pears.
- ☐ *Nonalcoholic beer may be substituted for regular beer.

Nutrition Facts



Properties

Glycemic Index:71.33, Glycemic Load:7.48, Inflammation Score:-8, Nutrition Score:17.679565077243%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 631.78kcal (31.59%), Fat: 49.87g (76.73%), Saturated Fat: 26.58g (166.14%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 15.19g (5.52%), Sugar: 5.03g (5.59%), Cholesterol: 142.67mg (47.56%), Sodium: 1133.15mg (49.27%), Alcohol: 1.53g (100%), Alcohol %: 0.66% (100%), Protein: 27.55g (55.1%), Calcium: 656.67mg (65.67%), Phosphorus: 505.84mg (50.58%), Selenium: 26.37µg (37.67%), Vitamin B2: 0.56mg (32.92%), Zinc: 4.06mg (27.09%), Vitamin B12: 1.59µg (26.56%), Vitamin A: 1326.37IU (26.53%), Vitamin B1: 0.25mg (16.78%), Vitamin B6: 0.29mg (14.66%), Vitamin B3: 2.75mg (13.76%), Vitamin D: 1.84µg (12.26%), Folate: 47.78µg (11.95%), Magnesium: 42.92mg (10.73%), Vitamin C: 8.3mg (10.07%), Potassium: 348.98mg (9.97%), Vitamin B5: 0.98mg (9.78%), Vitamin E: 1.04mg (6.93%), Iron: 1.24mg (6.92%), Manganese: 0.11mg (5.32%), Copper: 0.07mg (3.71%), Fiber: 0.89g (3.56%), Vitamin K: 3.37µg (3.21%)