Beer and Cheese Dip

READY IN	SERVINGS	CALORIES
45 min.	4	1051 kcal

ANTIPASTI | STARTER | SNACK | APPETIZER

Ingredients

- [ ] 1.3 ounces cheese blue crumbled
- [ ] 4 servings cheese english at room temperature
- [ ] 16 ounces cream cheese softened
- [ ] 0.3 cup beer dark cooled
- [ ] 2 cloves garlic minced
- [ ] 2 drops hot sauce
- [ ] 1 small onion minced
- [ ] 1 loaf pumpernickel bread mini
- [ ] 2 tablespoons butter salted softened

- [ ] 15 oz sharp cheese spread such as kraft old
- [ ] 4 servings crudités assorted
- [ ] 4 servings crudités assorted

Equipment

- [ ] food processor
- [ ] bowl

Directions

- [ ] Blend cheese spread, cream cheese, blue cheese, garlic, hot sauce, onion and butter in a food processor.
- [ ] Mix in 1/4 cup beer.
- [ ] Add more beer if necessary, a few tablespoons at a time, until dip reaches dip consistency.
- [ ] Pour into a bowl, cover and refrigerate for at least 2 hours.
- [ ] Serve with bread slices and crudits for dipping.

Nutrition Facts

PROTEIN **15.54%** FAT **79.7%** CARBS **4.76%**

Properties

Glycemic Index:77.88, Glycemic Load:3.42, Inflammation Score:-9, Nutrition Score:23.631304657978%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1050.76kcal (52.54%), Fat: 93.61g (144.01%), Saturated Fat: 54.34g (339.64%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 12.23g (4.45%), Sugar: 5.53g (6.14%), Cholesterol: 272.54mg (90.85%), Sodium: 1410.68mg (61.33%), Alcohol: 0.58g (100%), Alcohol %: 0.24% (100%), Protein: 41.07g (82.14%), Calcium: 1129.71mg

(112.97%), Phosphorus: 791.54mg (79.15%), Selenium: 50.13µg (71.62%), Vitamin A: 3132.59IU (62.65%), Vitamin B2: 0.91mg (53.49%), Zinc: 5.86mg (39.1%), Vitamin B12: 1.82µg (30.29%), Vitamin E: 2.19mg (14.59%), Vitamin B5: 1.41mg (14.08%), Magnesium: 52.36mg (13.09%), Folate: 46.75µg (11.69%), Vitamin B6: 0.22mg (11%), Potassium: 315.79mg (9.02%), Vitamin K: 6.46µg (6.16%), Vitamin D: 0.86µg (5.75%), Vitamin B1: 0.08mg (5.42%), Copper: 0.08mg (4.09%), Manganese: 0.08mg (3.96%), Vitamin C: 2.14mg (2.59%), Iron: 0.45mg (2.48%), Vitamin B3: 0.38mg (1.91%), Fiber: 0.35g (1.39%)