



Beer and Italian Sausage Fondue

READY IN



55 min.

SERVINGS



6

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 inch eighteen -thick baguette
- ☐ 1 cup beer such as a brown ale, pale ale or lager, at room temperature, plus extra, as needed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 servings pepper black freshly ground
- ☐ 8 ounces coarsely cheddar white extra-sharp packed grated
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons flour all-purpose
- ☐ 8 ounces coarsely fontina packed grated
- ☐ 3 cloves garlic minced

- ☐ 1 pound sausage sweet italian
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 cups onion chopped
- ☐ 2 tablespoons oregano fresh finely chopped
- ☐ 0.5 cup parmesan finely grated
- ☐ 2 teaspoons place in a zip top bag and crush with a rolling pin crushed

Equipment

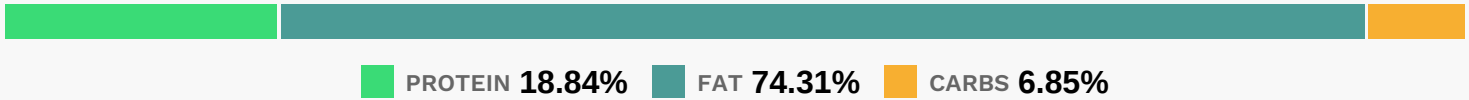
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ For the crostini: Preheat the oven to 375 degrees F. Arrange the baguette slices in a single layer on a large baking sheet.
- ☐ Mix the oil, garlic, oregano and fennel seeds in a small bowl.
- ☐ Brush the oil mixture over the top of the baguette slices.
- ☐ Sprinkle lightly with pepper.
- ☐ Bake the baguette slices until lightly toasted but still slightly soft, 12 to 15 minutes.
- ☐ Mix together the beer and mustard in a small bowl.
- ☐ Heat the oil over medium-high heat in a large nonstick skillet.
- ☐ Add the sausage, onions, fennel seeds, salt and pepper. Break the sausage into smaller pieces with a wooden spoon and cook until browned and cooked through, about 10 minutes. Stir in the flour.

- ☐
- Add the beer mixture and bring to a boil. Reduce the heat to medium-low. Gradually add the Cheddar, fontina and Parmesan, stirring constantly, until the cheese is melted and smooth. Keep warm over low heat. If the fondue becomes too thick, gradually stir in extra beer, 1 tablespoon at a time.
- ☐
- Serve the fondue with the crostini.

Nutrition Facts



Properties

Glycemic Index:75.71, Glycemic Load:4.32, Inflammation Score:-9, Nutrition Score:19.990869719049%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 724.14kcal (36.21%), Fat: 58.96g (90.71%), Saturated Fat: 25.6g (160.02%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 10.55g (3.84%), Sugar: 2.61g (2.9%), Cholesterol: 144.77mg (48.26%), Sodium: 1365.12mg (59.35%), Alcohol: 1.53g (100%), Alcohol %: 0.71% (100%), Protein: 33.63g (67.26%), Calcium: 630.76mg (63.08%), Selenium: 39.68µg (56.69%), Phosphorus: 498.13mg (49.81%), Vitamin B1: 0.51mg (34.2%), Vitamin B12: 1.83µg (30.53%), Zinc: 4.47mg (29.82%), Vitamin B2: 0.45mg (26.5%), Vitamin B6: 0.4mg (19.9%), Vitamin K: 17.91µg (17.06%), Vitamin A: 821IU (16.42%), Vitamin B3: 3.14mg (15.68%), Manganese: 0.28mg (13.89%), Vitamin E: 1.92mg (12.81%), Iron: 2.12mg (11.79%), Magnesium: 43.36mg (10.84%), Potassium: 358.74mg (10.25%), Folate: 38.01µg (9.5%), Vitamin B5: 0.86mg (8.58%), Fiber: 1.68g (6.71%), Copper: 0.13mg (6.38%), Vitamin C: 4.99mg (6.05%), Vitamin D: 0.5µg (3.3%)