



## Beer Cheese Dip

READY IN



20 min.

SERVINGS



16

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cubes pretzel twists assorted
- 1 clove garlic peeled cut in half
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 12 oz beer canned
- 1.5 lb mild cheddar cheese shredded
- 1 serving spring onion chopped

## Equipment

sauce pan

pot

## Directions

Rub inside of 3-quart saucepan with cut sides of garlic; discard garlic.

Add butter to saucepan; melt over low heat. Stir in flour; cook 2 minutes, stirring constantly. Stir in beer. Increase heat to medium-high; heat to boiling. Boil 2 to 3 minutes, stirring constantly, until mixture is thick and smooth.

Reduce heat to low.

Add cheese, about 1/2 cup at a time, stirring until cheese is melted and mixture is smooth.

Transfer cheese mixture to fondue pot. Immediately place fondue pot over flame.

Serve with dippers.

Garnish dip with onions.

## Nutrition Facts

 PROTEIN **19.47%** FAT **73.98%** CARBS **6.55%**

## Properties

Glycemic Index:17.97, Glycemic Load:1.73, Inflammation Score:-4, Nutrition Score:5.8939131245665%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 215.89kcal (10.79%), Fat: 17.34g (26.67%), Saturated Fat: 8.76g (54.75%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.39g (1.23%), Sugar: 0.16g (0.18%), Cholesterol: 42.52mg (14.17%), Sodium: 313.31mg (13.62%), Alcohol: 0.83g (100%), Alcohol %: 1.5% (100%), Protein: 10.26g (20.53%), Calcium: 303.48mg (30.35%), Phosphorus: 201.17mg (20.12%), Selenium: 12.86µg (18.37%), Vitamin B2: 0.2mg (12.03%), Vitamin A: 556.72IU (11.13%), Zinc: 1.58mg (10.54%), Vitamin B12: 0.46µg (7.64%), Folate: 14.17µg (3.54%), Magnesium: 13.43mg (3.36%), Vitamin E: 0.43mg (2.88%), Vitamin B6: 0.04mg (2.15%), Vitamin B1: 0.03mg (2%), Vitamin B5: 0.2mg (1.97%), Vitamin K: 1.81µg (1.72%), Vitamin D: 0.26µg (1.7%), Vitamin B3: 0.25mg (1.27%), Potassium: 43.99mg (1.26%),

Manganese: 0.02mg (1.18%)