



Beer-Cheese Dip

 Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup beer
- ☐ 1 loaf cheese cut into cubes (16 oz. box)
- ☐ 0.5 teaspoon hot sauce red
- ☐ 20 servings savory vegetable raw assorted

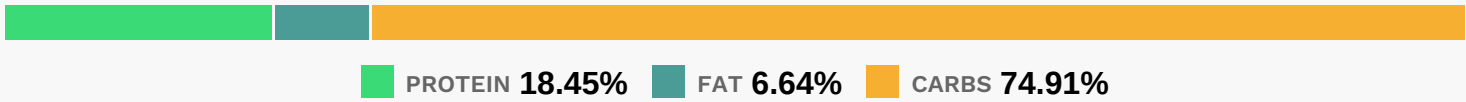
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ In 3-quart saucepan, heat cheese and beer over medium heat, stirring constantly, until cheese is melted and mixture is smooth. Stir in pepper sauce.
- ☐ Pour cheese mixture into fondue pot or 1- to 2 1/2-quart slow cooker on low heat setting. Dip will hold up to 2 hours in slow cooker.
- ☐ Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:8.3330435479951%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Nutrients (% of daily need)

Calories: 60.99kcal (3.05%), Fat: 0.49g (0.75%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 8.82g (3.21%), Sugar: 0g (0%), Cholesterol: 0.05mg (0.02%), Sodium: 45.98mg (2%), Alcohol: 0.23g (100%), Alcohol %: 0.3% (100%), Protein: 3.07g (6.14%), Vitamin A: 4621.64IU (92.43%), Fiber: 3.64g (14.56%), Vitamin C: 9.54mg (11.56%), Manganese: 0.22mg (11.13%), Vitamin B1: 0.11mg (7.42%), Folate: 26.76µg (6.69%), Vitamin B3: 1.17mg (5.85%), Potassium: 194.7mg (5.56%), Magnesium: 22.21mg (5.55%), Phosphorus: 54.76mg (5.48%), Iron: 0.87mg (4.81%), Vitamin B2: 0.08mg (4.65%), Vitamin B6: 0.09mg (4.51%), Copper: 0.09mg (4.25%), Zinc: 0.41mg (2.75%), Calcium: 23.35mg (2.33%), Vitamin B5: 0.15mg (1.51%)