



Beer Cheese Dip

 Popular

READY IN



20 min.

SERVINGS



16

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

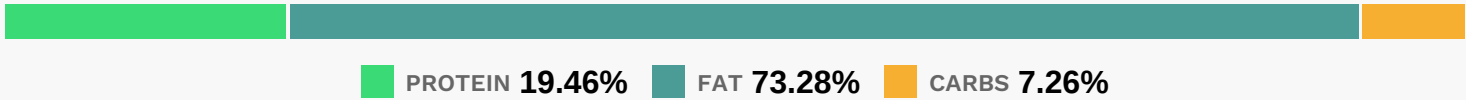
Equipment

- ☐ 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



Properties

Glycemic Index:17.97, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:6.7065217650455%

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: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 217.69kcal (10.88%), Fat: 17.35g (26.69%), Saturated Fat: 8.76g (54.76%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.65g (1.33%), Sugar: 0.29g (0.32%), Cholesterol: 42.52mg (14.17%), Sodium: 314.21mg (13.66%), Alcohol: 0.83g (100%), Alcohol %: 1.39% (100%), Protein: 10.37g (20.74%), Calcium: 307.53mg (30.75%), Phosphorus: 203.25mg (20.32%), Selenium: 12.89µg (18.41%), Vitamin K: 13.45µg (12.81%), Vitamin B2: 0.21mg (12.3%), Vitamin A: 612.8IU (12.26%), Zinc: 1.6mg (10.68%), Vitamin B12: 0.46µg (7.64%), Folate: 17.77µg (4.44%), Magnesium: 14.56mg (3.64%), Vitamin E: 0.46mg (3.09%), Vitamin B6: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.2%), Vitamin B5: 0.2mg (2.02%), Vitamin D: 0.26µg (1.7%), Potassium: 59.52mg (1.7%), Manganese: 0.03mg (1.63%),

Vitamin C: 1.19mg (1.45%), Iron: 0.26mg (1.43%), Vitamin B3: 0.28mg (1.42%), Copper: 0.02mg (1.18%)