



Beer-Cheese Dip

 Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

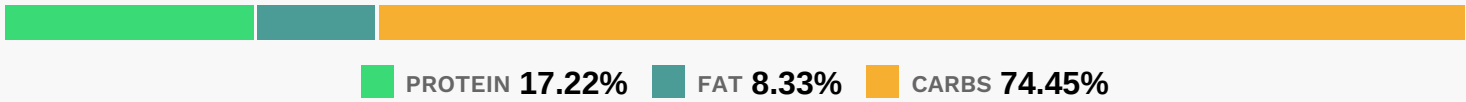
Equipment

- ☐ 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:0.28, Inflammation Score:-2, Nutrition Score:0.46304348556568%

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: 5.66kcal (0.28%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0g (0%), Cholesterol: 0.05mg (0.02%), Sodium: 5.34mg (0.23%), Alcohol: 0.23g (100%), Alcohol %: 2.75% (100%), Protein: 0.19g (0.38%), Vitamin A: 231.71IU (4.63%)