



## Beer-Cheese Fondue

 Vegetarian

READY IN



10 min.

SERVINGS



18

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup beer
- 8 oz triple cheddar cheese shredded with a touch of philadelphia kraft
- 1 Tbsp flour
- 3 pretzel sandwich rolls cut into 6 slices

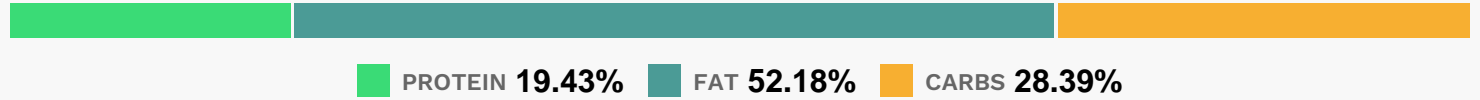
## Equipment

- bowl
- whisk
- microwave

## Directions

- Whisk beer and flour in microwaveable bowl until blended. Microwave on HIGH 1 min.
- Stir in cheese. Microwave 2 min. or until cheese is melted and dip is well blended, stirring after 1 min.
- Serve with bread slices.

## Nutrition Facts



## Properties

Glycemic Index:7.92, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.6865217543167%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

## Nutrients (% of daily need)

Calories: 82.17kcal (4.11%), Fat: 4.7g (7.23%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.52g (2.01%), Sugar: 0.21g (0.23%), Cholesterol: 12.6mg (4.2%), Sodium: 134.22mg (5.84%), Alcohol: 0.13g (100%), Alcohol %: 0.63% (100%), Protein: 3.93g (7.87%), Selenium: 7.44µg (10.63%), Calcium: 98.3mg (9.83%), Phosphorus: 68.12mg (6.81%), Vitamin B2: 0.09mg (5.32%), Zinc: 0.56mg (3.7%), Vitamin B1: 0.05mg (3.5%), Folate: 12.63µg (3.16%), Vitamin A: 126.25IU (2.52%), Manganese: 0.05mg (2.4%), Vitamin B3: 0.45mg (2.25%), Vitamin B12: 0.13µg (2.24%), Iron: 0.35mg (1.95%), Magnesium: 6.26mg (1.56%), Copper: 0.02mg (1.02%)