



Beer Cheese Fondue

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer pilsner-style
- ☐ 1 tbsp cornstarch
- ☐ 2 tsp dijon mustard sweet store-bought
- ☐ 1 lb gruyère cheese shredded
- ☐ 1 pinch paprika
- ☐ 6 servings sea salt such as fleur de sel or sel gris fine
- ☐ 1 Dash worcestershire sauce

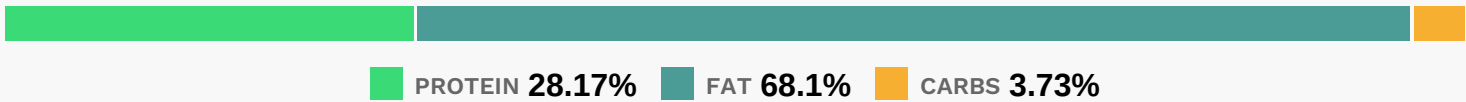
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring the beer to a boil over medium-high heat in a fondue pot or a medium heavy saucepan. Reduce the heat to medium-low so the beer is gently simmering.
- ☐ Toss the Gruyère with the cornstarch in a medium bowl.
- ☐ Add the cheese mixture to the beer one large handful at a time, stirring the cheese in a figure-eight pattern until completely melted before adding more. Stir in the mustard, Worcestershire sauce, and paprika, and season with salt.
- ☐ Serve immediately. The fondue can be refrigerated, covered, for up to 2 days and then rewarmed over medium-low heat, stirring in a figure-eight pattern, until the cheese is melted and hot.
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Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:10.603043650722%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 335.41kcal (16.77%), Fat: 24.48g (37.66%), Saturated Fat: 14.29g (89.33%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.93g (1.06%), Sugar: 0.31g (0.35%), Cholesterol: 83.16mg (27.72%), Sodium: 755.77mg (32.86%), Alcohol: 1.53g (100%), Alcohol %: 1.64% (100%), Protein: 22.79g (45.57%), Calcium: 766.53mg (76.65%),

Phosphorus: 465mg (46.5%), Vitamin B12: 1.22µg (20.29%), Zinc: 2.97mg (19.77%), Selenium: 11.8µg (16.86%), Vitamin A: 726.2IU (14.52%), Vitamin B2: 0.22mg (13.08%), Magnesium: 30.47mg (7.62%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.08mg (4.04%), Vitamin B1: 0.05mg (3.38%), Vitamin D: 0.45µg (3.02%), Folate: 10.06µg (2.51%), Potassium: 76.15mg (2.18%), Vitamin K: 2.08µg (1.98%), Vitamin E: 0.22mg (1.48%), Vitamin B3: 0.29mg (1.47%), Copper: 0.03mg (1.43%), Manganese: 0.02mg (1.22%), Iron: 0.18mg (1.02%)