



Beer Cheese Fondue

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic halved
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 dash pepper sauce hot tabasco® (such as)
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 8 ounces swiss cheese shredded

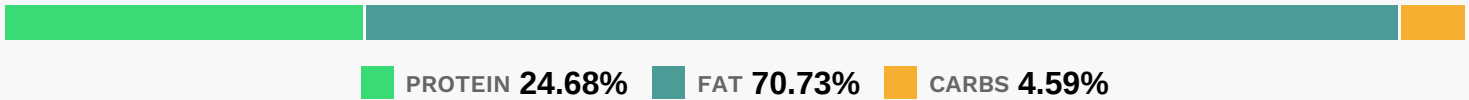
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine Cheddar cheese, Swiss cheese, flour, salt, and black pepper in a bowl.
- ☐ Rub cut side of garlic clove around bottom and sides of fondue pot.
- ☐ Pour beer into fondue pot and slowly bring to a simmer over medium-low heat, about 5 minutes.
- ☐ Gradually stir cheese mixture into beer, adding small amounts at a time, until cheese is melted and blended, 10 to 15 minutes.
- ☐ Stir hot pepper sauce into cheese mixture.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:1.83, Inflammation Score:-5, Nutrition Score:10.597391247101%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 312.83kcal (15.64%), Fat: 24.6g (37.85%), Saturated Fat: 14.14g (88.39%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.49g (1.27%), Sugar: 0.14g (0.15%), Cholesterol: 72.95mg (24.32%), Sodium: 511.52mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.62%), Calcium: 605.43mg (60.54%), Phosphorus: 393.69mg (39.37%), Selenium: 23µg (32.85%), Vitamin B12: 1.54µg (25.7%), Zinc: 3.06mg (20.43%), Vitamin B2: 0.29mg (17.31%), Vitamin A: 693.01IU (13.86%), Magnesium: 23.5mg (5.88%), Folate: 15.94µg (3.99%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.33mg (3.33%), Vitamin B6: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.39%), Manganese: 0.04mg (2.11%), Copper: 0.04mg (1.83%), Potassium: 61.79mg (1.77%), Vitamin K: 1.59µg (1.51%), Vitamin D: 0.23µg (1.51%), Iron: 0.24mg (1.36%)