



Beer-Cheese Fondue with Baby Cauliflower

READY IN



20 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings peas assorted
- ☐ 1 cup beer
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 3 tablespoons chives fresh chopped
- ☐ 8 oz jarlsberg cheese shredded
- ☐ 8 oz cheddar cheese shredded white extra-sharp

Equipment

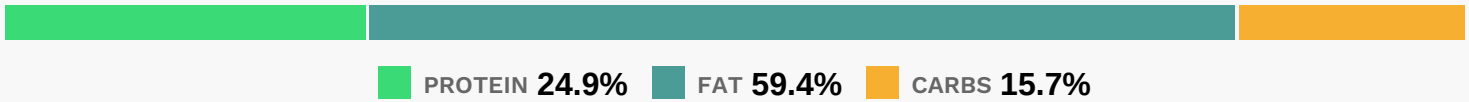
- ☐ sauce pan

- ☐ whisk
- ☐ steamer basket

Directions

- ☐ Toss cheeses with flour. Bring beer to a boil in a large heavy saucepan; reduce heat to medium-low. Gradually whisk cheeses into beer, whisking constantly until melted. Stir in chives.
- ☐ Place cauliflower in a steamer basket over boiling water. Cover and steam 5 to 7 minutes or until fork-tender.
- ☐ Serve with fondue.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:4.66, Inflammation Score:-8, Nutrition Score:14.765217190203%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 372.08kcal (18.6%), Fat: 23.97g (36.88%), Saturated Fat: 14.06g (87.91%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 10.03g (3.65%), Sugar: 4.27g (4.74%), Cholesterol: 64.8mg (21.6%), Sodium: 495.49mg (21.54%), Alcohol: 1.53g (100%), Alcohol %: 1.02% (100%), Protein: 22.61g (45.22%), Calcium: 558.49mg (55.85%), Vitamin C: 29.87mg (36.21%), Phosphorus: 259.82mg (25.98%), Vitamin A: 1268.66IU (25.37%), Vitamin K: 22.09µg (21.04%), Selenium: 12.89µg (18.41%), Fiber: 4.22g (16.88%), Vitamin B2: 0.28mg (16.66%), Manganese: 0.32mg (16.13%), Folate: 62.43µg (15.61%), Zinc: 2.31mg (15.41%), Vitamin B1: 0.22mg (14.78%), Magnesium: 37.53mg (9.38%), Vitamin B3: 1.86mg (9.29%), Vitamin B6: 0.17mg (8.48%), Copper: 0.15mg (7.35%), Iron: 1.25mg (6.92%), Vitamin B12: 0.41µg (6.81%), Potassium: 223.07mg (6.37%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.38mg (2.55%), Vitamin D: 0.23µg (1.51%)