



Beer-Cheese Spread



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



260 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 oz beer at room temperature
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 small onion minced
- ☐ 15 servings salt and pepper to taste
- ☐ 2 lb sharp cheddar cheese shredded
- ☐ 15 servings thyme leaves

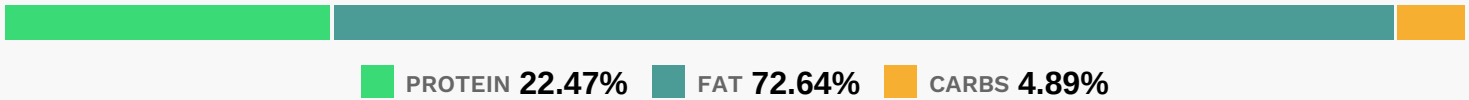
Equipment

- ☐ frying pan
- ☐ stand mixer
- ☐ wax paper

Directions

- ☐ Beat together first 5 ingredients at low speed with a heavy-duty electric stand mixer until blended. Gradually add beer, beating until blended after each addition. Beat at medium-high speed 1 minute or until blended and creamy. Season with salt and pepper to taste. Cover and chill 2 hours.
- ☐ Garnish, if desired. Store in an airtight container in refrigerator up to 2 weeks.
- ☐ Note: For testing purposes only, we used Abita Amber Beer. This spread can be frozen up to 1 month; thaw overnight in refrigerator.
- ☐ Spread 1 tsp. softened butter evenly on 1 side of 2 bread slices.
- ☐ Place bread slices, buttered sides down, on wax paper.
- ☐ Spread 1/4 cup Beer-Cheese
- ☐ Spread onto 1 side of 1 bread slice. Top with remaining bread slice, buttered side up. Cook sandwich in a nonstick skillet or griddle over medium heat 3 to 5 minutes on each side or until golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:13.43, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:8.1304348422133%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 260.1kcal (13%), Fat: 20.59g (31.68%), Saturated Fat: 11.62g (72.63%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.88g (1.05%), Sugar: 0.41g (0.45%), Cholesterol: 60.48mg (20.16%), Sodium: 594.11mg (25.83%), Alcohol: 0.88g (100%), Alcohol %: 1.25% (100%), Protein: 14.33g (28.67%), Calcium: 434.52mg (43.45%), Phosphorus: 283.31mg (28.33%), Selenium: 17.34µg (24.76%), Vitamin B2: 0.28mg (16.42%), Zinc: 2.25mg (15.03%), Vitamin A: 667.72IU (13.35%), Vitamin B12: 0.65µg (10.76%), Magnesium: 19.92mg (4.98%), Folate: 15.45µg (3.86%), Vitamin B6: 0.07mg (3.36%), Vitamin E: 0.46mg (3.1%), Vitamin B5: 0.27mg (2.71%), Vitamin C: 2.2mg (2.66%), Vitamin D: 0.36µg (2.42%), Potassium: 68.1mg (1.95%), Manganese: 0.04mg (1.95%), Iron: 0.3mg (1.65%), Copper: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.48%), Vitamin K: 1.51µg (1.44%)