



Beer-Cheese Triangles

 Gluten Free

READY IN



35 min.

SERVINGS



80

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple juice
- 2 tablespoons butter melted
- 80 servings jicama
- 0.3 cup sesame seed
- 2 oz cheddar cheese shredded
- 2 cups frangelico
- 2 cups frangelico

Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 450F. Spray large cookie sheets with cooking spray. In medium bowl, stir Bisquick mix, cheese and beer until soft dough forms; beat vigorously 20 strokes.
- On surface sprinkled with Bisquick mix, roll dough in Bisquick mix to coat. Shape into a ball; knead 5 times. Press or roll dough into 16x10-inch rectangle.
- Cut rectangle into 2-inch squares (do not separate); cut squares diagonally in half.
- Spread melted butter over dough; sprinkle with sesame seed. Separate triangles; place on cookie sheets.
- Bake 8 to 10 minutes or until golden brown.
- Serve with dip.

Nutrition Facts

 **PROTEIN 11.02%**  **FAT 72.3%**  **CARBS 16.68%**

Properties

Glycemic Index:1.47, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.34826087133716%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 9.19kcal (0.46%), Fat: 0.76g (1.17%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.29g (0.1%), Sugar: 0.17g (0.19%), Cholesterol: 0.71mg (0.24%), Sodium: 8.09mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%)