



Beer-Cheese Triangles with Zesty Cheese Sauce

 Gluten Free

READY IN



95 min.

SERVINGS



40

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz cheddar cheese shredded
- ☐ 0.5 cup apple sauce
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup poppy seeds
- ☐ 1 loaf cheese cut into cubes (8 oz. box)
- ☐ 0.3 cup salsa thick
- ☐ 16 oz refried beans traditional canned

☐ 2 cups frangelico

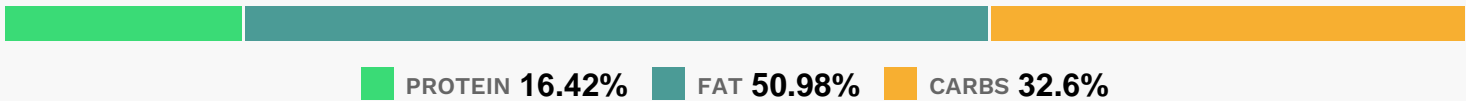
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Line cookie sheets with waxed paper. In medium bowl, stir Bisquick mix, Cheddar 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 with melted butter; sprinkle with sesame seed. Separate triangles and place on cookie sheet. Freeze until firm, about 1 hour.
- ☐ Place frozen triangles in airtight container. Freeze up to 1 month.
- ☐ Heat oven to 450°F. Spray large cookie sheets with cooking spray.
- ☐ Place triangles on cookie sheets.
- ☐ Bake 8 to 10 minutes or until golden brown.
- ☐ To make sauce, in 1 1/2-quart saucepan, heat cheese product, salsa and beans over low heat, stirring occasionally, until cheese is melted and sauce is hot.
- ☐ Serve triangles with sauce.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:0.72304347530007%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 23.55kcal (1.18%), Fat: 1.32g (2.03%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.66g (0.73%), Cholesterol: 1.44mg (0.48%), Sodium: 92.12mg (4.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Fiber: 0.66g (2.64%), Calcium: 23.71mg (2.37%), Manganese: 0.04mg (2.23%), Phosphorus: 12.88mg (1.29%), Vitamin A: 57.59IU (1.15%)