



## Broccoli Beer Cheese Fondue

READY IN



35 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

### Ingredients

- ☐ 24 oz broccoli frozen
- ☐ 1 loaf cheese cut into cubes (16 oz. box)
- ☐ 0.3 cup beer
- ☐ 2 oz pimientos diced drained
- ☐ 1 teaspoon ground mustard
- ☐ 1 loaf crusty baguette french cut into 20 slices
- ☐ 0.5 lb pan drippings from roast beef preferably cooked sliced (from deli)

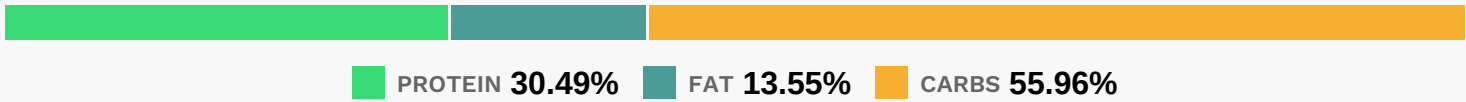
### Equipment

- ☐ sauce pan
- ☐ pot
- ☐ slow cooker

## Directions

- ☐ Cook frozen broccoli as directed on bag. In 3-quart saucepan, melt cheese over medium-low heat, stirring frequently. Stir in broccoli, beer, pimientos and mustard. Cook until hot, stirring occasionally.
- ☐ Pour cheese mixture into ceramic fondue pot over low heat or 1 1/2-quart slow cooker on Low heat setting.
- ☐ To serve, top each bread slice with sliced roast beef; spoon cheese mixture over beef.

## Nutrition Facts



## Properties

Glycemic Index:21.63, Glycemic Load:9.32, Inflammation Score:-7, Nutrition Score:15.662608789361%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 120.65kcal (6.03%), Fat: 1.86g (2.85%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 14.78g (5.38%), Sugar: 2.53g (2.81%), Cholesterol: 13.03mg (4.34%), Sodium: 520.16mg (22.62%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Protein: 9.39g (18.78%), Vitamin C: 76.81mg (93.1%), Vitamin K: 70.74µg (67.37%), Folate: 72.77µg (18.19%), Vitamin B3: 3.34mg (16.69%), Vitamin B1: 0.21mg (13.81%), Manganese: 0.27mg (13.69%), Vitamin B6: 0.25mg (12.71%), Calcium: 123.6mg (12.36%), Phosphorus: 116.56mg (11.66%), Vitamin A: 575.48IU (11.51%), Selenium: 8.01µg (11.45%), Vitamin B2: 0.19mg (11.43%), Iron: 1.97mg (10.96%), Fiber: 2.45g (9.8%), Potassium: 323.59mg (9.25%), Zinc: 1.32mg (8.83%), Magnesium: 27.07mg (6.77%), Vitamin B12: 0.39µg (6.46%), Vitamin B5: 0.56mg (5.57%), Vitamin E: 0.66mg (4.41%), Copper: 0.08mg (4.22%)