



Cheese Dip with Beer

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beer
- ☐ 8 ounce cream cheese softened
- ☐ 1 teaspoon garlic salt
- ☐ 1 pound round pumpernickel rye bread
- ☐ 8 ounce cheddar cheese shredded
- ☐ 8 ounce mozzarella cheese shredded

Equipment

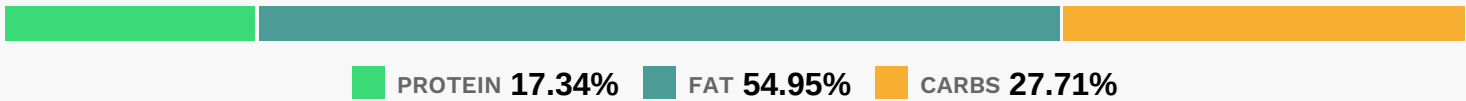
- ☐ bowl

☐ sauce pan

Directions

- ☐ Cut a large hole in the top of the loaf of bread to form a bowl; set onto a serving platter.
- ☐ Melt the cream cheese in a large saucepan over medium heat; stir in the Cheddar cheese, mozzarella cheese, beer, and garlic salt; heat, stirring continually, until all the cheese is melted; pour the hot cheese mixture into the bread bowl.

Nutrition Facts



Properties

Glycemic Index:10.86, Glycemic Load:6.91, Inflammation Score:-4, Nutrition Score:7.3747826276914%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 229.74kcal (11.49%), Fat: 13.8g (21.23%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 14.01g (5.09%), Sugar: 1.82g (2.02%), Cholesterol: 39.69mg (13.23%), Sodium: 542.97mg (23.61%), Alcohol: 0.58g (100%), Alcohol %: 0.85% (100%), Protein: 9.79g (19.59%), Selenium: 16.49µg (23.56%), Calcium: 206.92mg (20.69%), Phosphorus: 167.77mg (16.78%), Vitamin B2: 0.23mg (13.76%), Manganese: 0.24mg (12.12%), Folate: 37.31µg (9.33%), Vitamin B1: 0.14mg (9.03%), Zinc: 1.33mg (8.87%), Vitamin A: 430.2IU (8.6%), Vitamin B12: 0.51µg (8.46%), Fiber: 1.64g (6.58%), Vitamin B3: 1.19mg (5.94%), Magnesium: 20.17mg (5.04%), Iron: 0.91mg (5.04%), Copper: 0.06mg (3.12%), Vitamin B5: 0.29mg (2.9%), Potassium: 91.47mg (2.61%), Vitamin B6: 0.05mg (2.55%), Vitamin E: 0.35mg (2.32%), Vitamin K: 1.3µg (1.24%)