



WHATSheATE

Classic Beer Rolls



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



55 kcal

Ingredients

- ☐ 1 cup beer
- ☐ 2 tablespoons sugar
- ☐ 1 cup cheddar cheese
- ☐ 2 cups frangelico

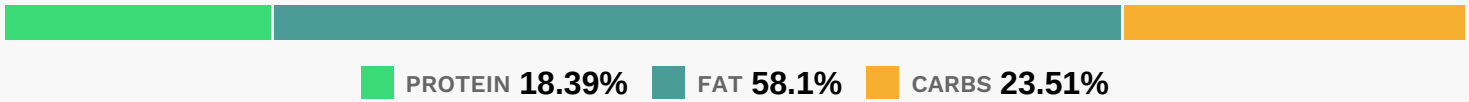
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 12 medium muffin cups with cooking spray.
- ☐ In large bowl, combine Bisquick mix, beer, sugar and cheese. Spoon mixture into muffin cups.
- ☐ Bake 15 to 18 minutes or until golden brown. Cool in pan 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:1.2886956450732%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 54.58kcal (2.73%), Fat: 3.21g (4.94%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.92g (1.06%), Sugar: 2.03g (2.25%), Cholesterol: 9.42mg (3.14%), Sodium: 62.39mg (2.71%), Alcohol: 0.77g (100%), Alcohol %: 3.13% (100%), Protein: 2.28g (4.57%), Calcium: 67.38mg (6.74%), Phosphorus: 45.88mg (4.59%), Selenium: 2.79µg (3.99%), Vitamin B2: 0.05mg (2.75%), Zinc: 0.35mg (2.32%), Vitamin A: 94.36IU (1.89%), Vitamin B12: 0.1µg (1.73%)