



Creamy Beer-N-Cheddar Dip

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces beer
- 3 tablespoons flour
- 1 teaspoon garlic powder
- 1 tablespoon mustard
- 0.5 teaspoon onion powder
- 4 cups cheddar cheese shredded extra-sharp

Equipment

Nutrition Facts

PROTEIN 22% FAT 69.22% CARBS 8.78%

Properties

Glycemic Index:22.44, Glycemic Load:2.55, Inflammation Score:-5, Nutrition Score:7.8552173913043%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 261.85kcal (13.09%), Fat: 19.31g (29.7%), Saturated Fat: 10.86g (67.86%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 5.3g (1.93%), Sugar: 0.24g (0.26%), Cholesterol: 56.5mg (18.83%), Sodium: 392.21mg (17.05%), Alcohol: 1.66g (9.21%), Protein: 13.81g (27.61%), Calcium: 403.54mg (40.35%), Phosphorus: 271.74mg (27.17%), Selenium: 17.94µg (25.63%), Vitamin B2: 0.28mg (16.21%), Zinc: 2.13mg (14.17%), Vitamin A: 567.46IU (11.35%), Vitamin B12: 0.61µg (10.12%), Folate: 19.95µg (4.99%), Magnesium: 19.76mg (4.94%), Vitamin B6: 0.07mg (3.41%), Vitamin B1: 0.05mg (3.09%), Vitamin E: 0.43mg (2.9%), Vitamin B5: 0.27mg (2.72%), Vitamin D: 0.34µg (2.26%), Vitamin B3: 0.43mg (2.14%), Manganese: 0.04mg (2.07%), Potassium: 66.51mg (1.9%), Iron: 0.29mg (1.58%), Copper: 0.03mg (1.45%), Vitamin K: 1.4µg (1.33%)