



WHATSheATE



Dinner Tonight: Welsh Rarebit with Brussels Sprouts

READY IN



60 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer
- ☐ 2 pound brussels sprouts ends trimmed peeled sliced in half
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons canola oil
- ☐ 3 cups cheddar cheese grated
- ☐ 0.3 teaspoon ground mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon paprika

- ☐ 8 slices cocktail rye bread toasted
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon worcestershire sauce

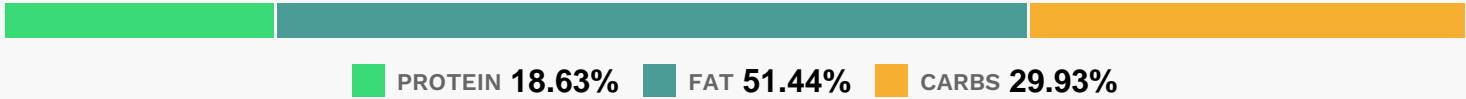
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ wooden spoon

Directions

- ☐ For the Brussels sprouts: Adjust oven racks to lower middle and upper middle positions and preheat oven to 400°F.
- ☐ Pour canola oil into large iron skillet set over medium heat. When oil starts to shimmer add sprouts cut side down. Cook until sprouts begin to brown on the bottom, about 10 minutes. Toss sprouts with a wooden spoon and transfer skillet to oven. Cook until tender and bright green, about eight minutes, stirring after four minutes. Turn off oven and set sprouts aside.
- ☐ For the Welsh rarebit: Fill a medium-sized saucepan with water. Bring to boil over high heat.
- ☐ Place large metal bowl on top for a double boiler.
- ☐ Add butter. When it melts, pour in beer. When beer is warm, whisk in cheese, adding about a quarter cup at a time.
- ☐ When all the cheese has melted, slowly add beaten egg, whisking constantly.
- ☐ Add Worcestershire sauce, salt, paprika, mustard, and red pepper flakes. Continue to whisk, and cook until the sauce starts to thicken, about one minute.
- ☐ Place two slices of bread on each plate, and spoon over enough cheese sauce to cover.
- ☐ Serve with Brussels' sprouts on the side.

Nutrition Facts



Properties

Glycemic Index:54.21, Glycemic Load:19.39, Inflammation Score:-10, Nutrition Score:43.525652698849%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 741.78kcal (37.09%), Fat: 42.71g (65.71%), Saturated Fat: 19.53g (122.04%), Carbohydrates: 55.92g (18.64%), Net Carbohydrates: 43.49g (15.81%), Sugar: 7.97g (8.85%), Cholesterol: 138.77mg (46.26%), Sodium: 1834.35mg (79.75%), Alcohol: 2.3g (100%), Alcohol %: 0.63% (100%), Protein: 34.8g (69.59%), Vitamin K: 409.73µg (390.22%), Vitamin C: 193.24mg (234.23%), Calcium: 754.35mg (75.43%), Selenium: 51.9µg (74.14%), Phosphorus: 661.21mg (66.12%), Manganese: 1.32mg (65.87%), Folate: 236.51µg (59.13%), Vitamin A: 2843.04IU (56.86%), Vitamin B2: 0.87mg (51.22%), Fiber: 12.43g (49.73%), Vitamin B1: 0.63mg (41.91%), Zinc: 4.99mg (33.24%), Vitamin B6: 0.66mg (32.88%), Potassium: 1106.54mg (31.62%), Iron: 5.5mg (30.58%), Vitamin E: 4.36mg (29.07%), Magnesium: 106.88mg (26.72%), Vitamin B3: 4.52mg (22.6%), Vitamin B12: 1.03µg (17.12%), Copper: 0.32mg (16.2%), Vitamin B5: 1.56mg (15.59%), Vitamin D: 0.76µg (5.06%)