



Fennel and Leek Bruschetta with Cheese and Beer Fondue

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



495 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 slices baguette (1/)
- 12 ounce beer (recommended: Miller Genuine Draft 64)
- 3 ounces mild brie cheese
- 1 tablespoon chives plus more for garnish chopped
- 1 fennel bulb sliced
- 1.5 tablespoons flour all-purpose
- 1 medium leek sliced

- 8 servings olive oil for brushing bread
- 3.5 tablespoons butter salted divided
- 6 ounces sharp cheddar english grated

Equipment

- frying pan
- sauce pan
- oven
- whisk

Directions

- Preheat the oven to 375 degrees F.
- Brush some oil on the bread slices and arrange them on a sheet pan.
- Bake until golden brown, about 8 minutes.
- Remove the bread from the oven and set aside.
- Melt 1 1/2 tablespoons of butter in a medium saucepan over medium heat.
- Whisk in the flour and cook, whisking, for 1 minute.
- Pour in 3/4 cup of the beer and simmer, whisking constantly, for 1 minute.
- Remove the saucepan from heat and add the cheeses, whisking until smooth.
- In a large saute pan over medium heat, melt the remaining butter and add the fennel, leeks and chives.
- Saute until tender, and then stir in the remaining beer. Cook, stirring over medium heat, until all the onions are caramelized and the beer is mostly cooked off, about 15 to 20 minutes.
- Spread the cheese fondue on the toasted bread. Put some of the fennel and leek mixture on top and arrange them on a serving platter.
- Sprinkle with fresh chives and serve.

Nutrition Facts



PROTEIN 11.66% **FAT 57.36%** **CARBS 30.98%**

Properties

Glycemic Index:51.66, Glycemic Load:23.66, Inflammation Score:-7, Nutrition Score:14.905652222426%

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 Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 495.06kcal (24.75%), Fat: 31g (47.69%), Saturated Fat: 11.39g (71.21%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 35.17g (12.79%), Sugar: 4.72g (5.24%), Cholesterol: 45.06mg (15.02%), Sodium: 660.28mg (28.71%), Alcohol: 1.66g (100%), Alcohol %: 1.05% (100%), Protein: 14.17g (28.35%), Vitamin K: 35.93µg (34.22%), Selenium: 19.68µg (28.11%), Vitamin B1: 0.41mg (27.3%), Calcium: 261.85mg (26.18%), Folate: 100.58µg (25.14%), Vitamin B2: 0.39mg (22.78%), Manganese: 0.43mg (21.32%), Phosphorus: 205.85mg (20.58%), Vitamin E: 2.8mg (18.68%), Vitamin B3: 3.49mg (17.47%), Iron: 2.9mg (16.12%), Vitamin A: 670.02IU (13.4%), Zinc: 1.63mg (10.88%), Fiber: 2.5g (9.99%), Magnesium: 35.74mg (8.93%), Vitamin B6: 0.17mg (8.34%), Potassium: 268.72mg (7.68%), Vitamin B12: 0.42µg (7%), Copper: 0.12mg (6.19%), Vitamin C: 5.06mg (6.14%), Vitamin B5: 0.52mg (5.18%), Vitamin D: 0.18µg (1.2%)