



 **52%**  
HEALTH SCORE

## German Cheddar and Beer Fondue

READY IN



22 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup german lager beer
- 1 head cauliflower separated
- 1 tablespoon flour all-purpose
- 1 package party franks mini (recommended: Boars Head)
- 1.5 pounds browned wursts: knock thick cubed sliced
- 3 drops hot sauce
- 1 small jar pickled onions
- 1 small jar gherkin pickles mini drained
- 1 small dough bread sour cubed

- 2 tablespoons spicy brown mustard
- 3 drops worcestershire sauce
- 1 sack shredded
- 0.3 pound to 6 ounces shredded
- 0.3 pound to 6 ounces shredded

## Equipment

- bowl
- frying pan
- pot
- wooden spoon

## Directions

- Watch how to make this recipe.
- Combine cheeses in a bowl with flour.
- Add beer to a small pot and bring up to a bubble over medium heat. Reduce the heat to simmer and add cheese in handfuls. Stir constantly, melting the cheese in batches. Stir in a figure-eight pattern with wooden spoon. When the cheese has been incorporated fully, stir in the mustard, hot sauce and Worcestershire sauce.
- Transfer fondue to warm fondue pot.
- In a large skillet, bring 2-inches of water to a boil and blanch the cauliflower for 2 to 3 minutes, drain and arrange around the fondue pot.
- In the same pan, bring the cooking water back to a boil and add the mini franks and sliced wursts. Cook, uncovered until all the liquid has evaporated.
- Add 1 tablespoon butter to the pan to crisp the casings. Pile wursts and dogs near fondue. Complete the dipping selections with dishes of pickles, onions and cubed bread.

## Nutrition Facts



**PROTEIN 14.88%** **FAT 8.54%** **CARBS 76.58%**

## Properties

Glycemic Index:93.25, Glycemic Load:57.21, Inflammation Score:-8, Nutrition Score:32.808695648432%

## 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 Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 536.21kcal (26.81%), Fat: 5.08g (7.82%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 102.47g (34.16%), Net Carbohydrates: 93.21g (33.9%), Sugar: 9.63g (10.71%), Cholesterol: 0.36mg (0.12%), Sodium: 1795.2mg (78.05%), Alcohol: 2.3g (100%), Alcohol %: 0.48% (100%), Protein: 19.91g (39.83%), Vitamin C: 86.32mg (104.63%), Vitamin B1: 1.13mg (75.17%), Folate: 244.92µg (61.23%), Manganese: 1.17mg (58.38%), Selenium: 37.44µg (53.49%), Vitamin B3: 9.61mg (48.07%), Vitamin B2: 0.69mg (40.62%), Vitamin K: 42.25µg (40.24%), Iron: 7.23mg (40.15%), Fiber: 9.26g (37.04%), Potassium: 1211.12mg (34.6%), Vitamin B6: 0.61mg (30.35%), Phosphorus: 300.61mg (30.06%), Magnesium: 92.25mg (23.06%), Copper: 0.44mg (21.97%), Vitamin B5: 2mg (20.01%), Calcium: 178.79mg (17.88%), Zinc: 2.13mg (14.21%), Vitamin A: 216.89IU (4.34%), Vitamin E: 0.52mg (3.46%)