



Guinness® Beer Cheese Dip

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 0.5 teaspoon onion powder
- 32 ounces processed cheese food cut into 1/2-inch cubes velveeta® (such as)
- 0.5 cup salsa
- 1 cup irish stout beer guinness® (such as)
- 2 tablespoons worcestershire sauce

Equipment

slow cooker

Directions

- Heat cheese in slow cooker on High until melted, about 20 minutes.
- Stir beer, salsa, Worcestershire sauce, chili powder, onion powder, and cayenne pepper into cheese until smooth and heated through, stirring frequently, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:8.2295651254447%

Nutrients (% of daily need)

Calories: 220.07kcal (11%), Fat: 18.06g (27.79%), Saturated Fat: 10.24g (64.03%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.82g (2.02%), Cholesterol: 56.7mg (18.9%), Sodium: 1030.47mg (44.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Calcium: 597.75mg (59.78%), Phosphorus: 367.98mg (36.8%), Selenium: 11.57µg (16.53%), Vitamin B12: 0.85µg (14.17%), Vitamin A: 626.55IU (12.53%), Zinc: 1.44mg (9.61%), Vitamin B2: 0.14mg (8.21%), Magnesium: 16.54mg (4.14%), Vitamin E: 0.61mg (4.08%), Potassium: 116.49mg (3.33%), Iron: 0.53mg (2.95%), Vitamin B5: 0.25mg (2.46%), Vitamin B6: 0.05mg (2.44%), Vitamin D: 0.34µg (2.27%), Vitamin K: 2µg (1.9%), Copper: 0.04mg (1.87%), Manganese: 0.04mg (1.8%), Folate: 5.14µg (1.28%)