



## Kentucky Beer Cheese Spread

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



658 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 1 cup beer
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pinch cayenne pepper to taste
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground mustard dry
- ☐ 0.3 teaspoon pepper sauce hot tabasco® (such as )
- ☐ 0.3 teaspoon salt
- ☐ 1 pound cheddar cheese shredded extra-sharp

☐ 0.3 teaspoon worcestershire sauce

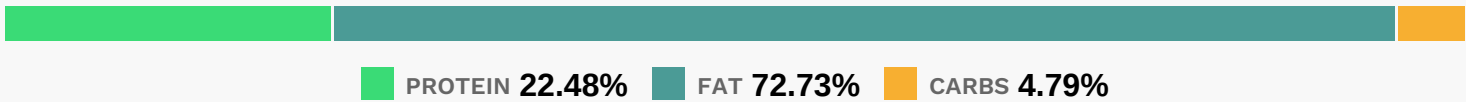
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Pour beer into a bowl and whisk until beer loses its carbonation, about 30 seconds. Set aside.
- ☐ Place shredded cheese into the work bowl of a food processor; add garlic, dry mustard powder, black pepper, 1/2 teaspoon cayenne pepper, salt, hot sauce, Worcestershire sauce, and flat beer.
- ☐ Process until smooth and creamy, pulsing a few times, scraping the sides, and blending for about 2 total minutes. Taste and adjust seasoning. If adding more seasoning, pulse a few times to mix.
- ☐ Transfer cheese spread to a bowl and sprinkle with a pinch of cayenne pepper.
- ☐ Spread tastes best when refrigerated overnight to blend flavors, but it can be served right away if needed.

Nutrition Facts



Properties

Glycemic Index:53.83, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:19.61869575148%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 658.44kcal (32.92%), Fat: 51.68g (79.5%), Saturated Fat: 29.05g (181.57%), Carbohydrates: 7.66g (2.56%), Net Carbohydrates: 7.45g (2.71%), Sugar: 0.62g (0.69%), Cholesterol: 151.2mg (50.4%), Sodium: 1201.58mg (52.24%), Alcohol: 3.07g (100%), Alcohol %: 1.66% (100%), Protein: 35.93g (71.86%), Calcium: 1079.71mg (107.97%), Phosphorus: 713.04mg (71.3%), Selenium: 44.95µg (64.22%), Vitamin B2: 0.69mg (40.72%), Zinc: 5.63mg (37.51%), Vitamin A: 1532.01IU (30.64%), Vitamin B12: 1.62µg (26.97%), Magnesium: 49.22mg (12.3%), Folate: 37.76µg (9.44%), Vitamin B6: 0.17mg (8.51%), Vitamin E: 1.18mg (7.89%), Vitamin B5: 0.68mg (6.79%), Vitamin D: 0.91µg (6.05%), Manganese: 0.12mg (5.75%), Potassium: 160.22mg (4.58%), Vitamin K: 4.28µg (4.08%), Vitamin B1: 0.06mg (3.87%), Copper: 0.07mg (3.5%), Vitamin B3: 0.54mg (2.69%), Iron: 0.42mg (2.32%), Vitamin C: 1.01mg (1.23%)