



Perfectly Melting Cheese

READY IN



15 min.

SERVINGS



5

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups gruyere cheese shredded
- 14 grams 3%-less-sodium
- 3 cups sharp cheddar cheese shredded
- 0.5 cup light-bodied wheat beer cold

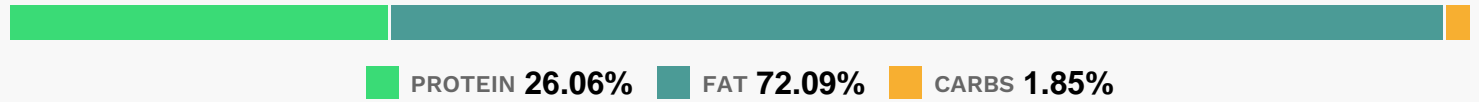
Equipment

- sauce pan
- immersion blender

Directions

Place the beer or water in a large saucepan, add the sodium citrate, and stir until dissolved. Bring to a simmer over medium heat. Gradually add both cheeses to the simmering liquid, using an immersion blender to combine after each addition, until all of the cheese is melted and smooth. Use immediately.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:17.988260740819%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 614.32kcal (30.72%), Fat: 48.65g (74.85%), Saturated Fat: 27.99g (174.95%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.51g (0.57%), Cholesterol: 154.92mg (51.64%), Sodium: 1010.68mg (43.94%), Alcohol: 0.92g (100%), Alcohol %: 0.67% (100%), Protein: 39.56g (79.13%), Calcium: 1280.32mg (128.03%), Phosphorus: 793.83mg (79.38%), Selenium: 30.81µg (44.02%), Zinc: 5.58mg (37.21%), Vitamin B12: 1.99µg (33.22%), Vitamin B2: 0.53mg (30.98%), Vitamin A: 1430.17IU (28.6%), Magnesium: 48.26mg (12.07%), Vitamin B5: 0.73mg (7.35%), Vitamin B6: 0.12mg (6.1%), Folate: 23.57µg (5.89%), Vitamin D: 0.88µg (5.88%), Vitamin E: 0.73mg (4.87%), Vitamin B1: 0.07mg (4.56%), Vitamin K: 3.77µg (3.59%), Potassium: 125.14mg (3.58%), Copper: 0.05mg (2.52%), Iron: 0.25mg (1.41%), Vitamin B3: 0.28mg (1.39%), Manganese: 0.02mg (1.11%)