



# Serious Cheese: Super Bowl Beer and Cheese Fondue

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 tablespoons apple juice frozen thawed
- ☐ 1 pound cheddar cheese red grated canned (or you can try Ed's economical suggestion from last year: Butler's Rothbury )
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 1 tablespoon dijon mustard
- ☐ 0.8 cup porter () (or another stout)

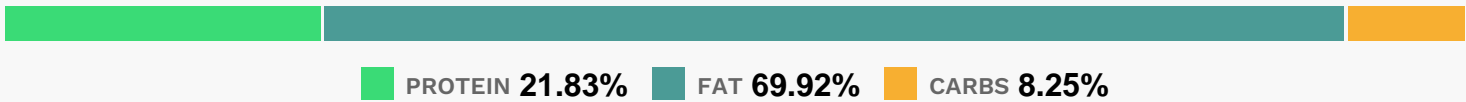
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon

## Directions

- ☐ Toss grated cheese with cornstarch/flour in large bowl.
- ☐ Bring 3/4 cup stout, juice concentrate, and mustard to simmer in large saucepan over medium heat.
- ☐ Gradually add cheese (a handful at a time), stirring with a wooden spoon, until cheese is melted and smooth, thinning with more stout if desired. Wait until each handful of cheese melts before adding the next.
- ☐ Season to taste with salt and pepper.
- ☐ Remove the saucepan from the heat and place over an alcohol safety burner set on a table. Adjust the burner flame so the fondue continues to bubble gently. If the fondue boils too vigorously, it may separate or seize up.

## Nutrition Facts



## Properties

Glycemic Index:29.13, Glycemic Load:2.91, Inflammation Score:-5, Nutrition Score:10.03782618305%

## Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 338.36kcal (16.92%), Fat: 25.84g (39.75%), Saturated Fat: 14.53g (90.81%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.64g (2.41%), Sugar: 1.74g (1.93%), Cholesterol: 75.6mg (25.2%), Sodium: 522.58mg (22.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.31%), Calcium: 537.73mg (53.77%), Phosphorus: 353.37mg (35.34%), Selenium: 23.32µg (33.31%), Vitamin B2: 0.35mg (20.77%), Zinc: 2.82mg (18.77%), Vitamin A: 759.42IU (15.19%), Vitamin B12: 0.8µg (13.36%), Magnesium: 23.05mg (5.76%), Folate: 21.77µg (5.44%), Vitamin E: 0.58mg (3.86%), Vitamin B1: 0.05mg (3.62%), Vitamin B5: 0.34mg (3.41%), Vitamin D: 0.45µg (3.02%), Vitamin B6: 0.06mg (2.9%), Manganese: 0.05mg (2.52%), Potassium: 80.45mg (2.3%), Iron: 0.32mg (1.8%), Vitamin K: 1.86µg

(1.77%), Copper: 0.03mg (1.65%), Vitamin B3: 0.25mg (1.24%)