



Welsh Rabbit

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 16 slices diagonal baguette (1/3-inch-thick)
- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 cups cheddar extra-sharp grated
- ☐ 1 teaspoon mustard dry
- ☐ 1 large egg yolk
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup porter
- ☐ 3 tablespoons butter unsalted softened

☐ 0.3 cup milk whole

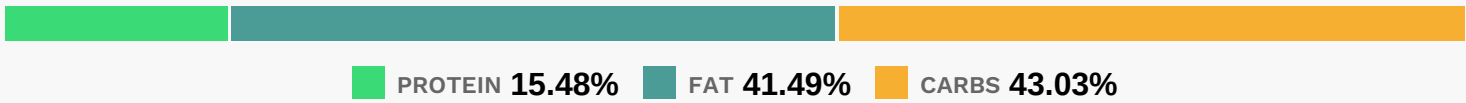
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Spread one side of bread slices with 2 tablespoons butter (total), then arrange slices, buttered sides up, on a baking sheet. Broil 4 to 6 inches from heat until golden brown, 1 to 4 minutes.
- ☐ Melt remaining tablespoon butter in a 1-quart heavy saucepan over low heat, then add flour and cook, whisking constantly, 1 minute.
- ☐ Add beer and milk in a stream, whisking, then whisk in mustard, pepper, and cheese. Bring to a simmer over moderately low heat, whisking, then simmer, whisking, until smooth, about 2 minutes.
- ☐ Remove from heat and immediately whisk in yolk.
- ☐ Serve cheese sauce on toast.

Nutrition Facts



Properties

Glycemic Index:30.47, Glycemic Load:21.92, Inflammation Score:-5, Nutrition Score:10.335217373041%

Nutrients (% of daily need)

Calories: 311.09kcal (15.55%), Fat: 14.12g (21.72%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 31.54g (11.47%), Sugar: 3.47g (3.86%), Cholesterol: 56.34mg (18.78%), Sodium: 538.64mg (23.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.71%), Selenium: 19.23µg (27.47%), Vitamin B1: 0.4mg (26.42%), Calcium: 231.32mg (23.13%), Folate: 78.32µg (19.58%), Vitamin B2: 0.33mg (19.28%),

Phosphorus: 178.22mg (17.82%), Manganese: 0.32mg (15.86%), Vitamin B3: 2.99mg (14.97%), Iron: 2.37mg (13.17%), Zinc: 1.39mg (9.27%), Vitamin A: 386.74IU (7.73%), Magnesium: 24.67mg (6.17%), Fiber: 1.41g (5.63%), Vitamin B12: 0.32µg (5.27%), Vitamin B6: 0.09mg (4.75%), Copper: 0.09mg (4.52%), Vitamin B5: 0.43mg (4.34%), Vitamin E: 0.54mg (3.59%), Potassium: 113.95mg (3.26%), Vitamin K: 2.9µg (2.76%), Vitamin D: 0.4µg (2.7%)