



Welsh Rabbit (Rarebit)

READY IN



30 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 1 eggs
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.5 cup beer light
- ☐ 0.5 teaspoon salt
- ☐ 4 cups sharp cheddar cheese shredded
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon worcestershire sauce

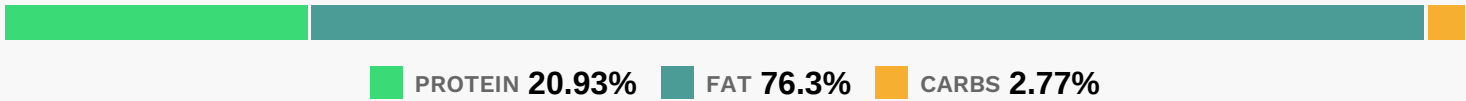
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ stove

Directions

- ☐ Melt the butter in a heavy saucepan over medium-low heat, and stir the Cheddar cheese and beer into the melted butter. Cook and stir until the cheese melts, about 5 minutes, and remove from the heat.
- ☐ Whisk together the egg, salt, dry mustard, cayenne pepper, and Worcestershire sauce in a bowl. Gradually whisk the egg mixture into the cheese mixture, stirring between additions, until the egg mixture is thoroughly combined. Return the saucepan to the stove, and stir over low heat until the Welsh rabbit is hot and smooth.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:15.598695638387%

Nutrients (% of daily need)

Calories: 538.02kcal (26.9%), Fat: 45.24g (69.6%), Saturated Fat: 25.64g (160.26%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.61g (0.68%), Cholesterol: 168.97mg (56.32%), Sodium: 1066.82mg (46.38%), Alcohol: 0.91g (100%), Alcohol %: 0.71% (100%), Protein: 27.91g (55.83%), Calcium: 810.42mg (81.04%), Phosphorus: 547.58mg (54.76%), Selenium: 36.07µg (51.54%), Vitamin B2: 0.56mg (32.84%), Zinc: 4.32mg (28.78%), Vitamin A: 1378.26IU (27.57%), Vitamin B12: 1.31µg (21.89%), Magnesium: 34.61mg (8.65%), Folate: 31.43µg (7.86%), Vitamin E: 1.15mg (7.64%), Vitamin D: 1µg (6.69%), Vitamin B5: 0.65mg (6.54%), Vitamin B6: 0.11mg (5.43%), Potassium: 124.47mg (3.56%), Vitamin K: 3.28µg (3.13%), Vitamin B1: 0.04mg (2.81%), Iron: 0.49mg (2.72%), Copper: 0.05mg (2.65%), Manganese: 0.02mg (1.19%), Vitamin B3: 0.21mg (1.05%)