



Welsh Rarebit

READY IN



20 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings bacon crumbled
- 1 slices long of baguette cut on a bias french thin
- 0.5 cup porter beer
- 1 tablespoon butter
- 2 cups sharpest cheddar available grated
- 1 tablespoon flour
- 6 servings chives fresh chopped
- 1 Cloves garlic halved
- 2 dashes hot sauce such as tabasco

- 1 teaspoon ground mustard english
- 6 servings olive oil extra-virgin for brushing
- 6 servings salt and pepper black freshly grated
- 5 ounces coarsely stilton cheese crumbled finely (2 cups depending on how it's)
- 1 slices tomato and tomatoes diced for garnish thin
- 2 dashes worcestershire sauce

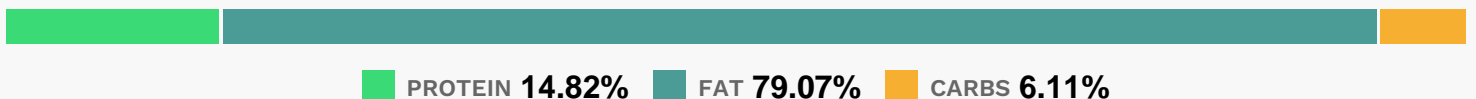
Equipment

- sauce pan
- whisk
- broiler

Directions

- Melt the butter in a small saucepan over medium heat.
- Add the flour and cook, whisking constantly, until lightly browned, about 1 minute. Slowly whisk in the beer until smooth.
- Whisk in the mustard, hot sauce and Worcestershire until smooth. Gradually add the cheese, alternating between the Cheddar and the Stilton, a handful at a time, whisking until smooth and creamy before adding more, 3 or 4 minutes. Season with salt and pepper. Set aside.
- Preheat the broiler. Arrange the bread in a single layer, brush with oil and lightly toast. Rub the oiled side of the toasts with the cut side of the garlic. Arrange tomato slices on the toasts, top with a layer of the cheese mixture and broil until the cheese is bubbly and just starting to brown, 2 or 3 minutes.
- Garnish with bacon, diced tomatoes and chives before serving.

Nutrition Facts



Properties

Glycemic Index:67.38, Glycemic Load:3.23, Inflammation Score:-5, Nutrition Score:9.6421739562698%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 411.73kcal (20.59%), Fat: 35.97g (55.34%), Saturated Fat: 14.96g (93.53%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 6.02g (2.19%), Sugar: 0.79g (0.87%), Cholesterol: 61.83mg (20.61%), Sodium: 875.18mg (38.05%), Alcohol: 0.77g (100%), Alcohol %: 0.86% (100%), Protein: 15.17g (30.34%), Calcium: 401.09mg (40.11%), Phosphorus: 276.33mg (27.63%), Selenium: 15.65µg (22.36%), Vitamin B2: 0.29mg (16.98%), Vitamin E: 2.46mg (16.37%), Vitamin A: 697.85IU (13.96%), Zinc: 2.09mg (13.91%), Vitamin K: 12.73µg (12.13%), Vitamin B12: 0.7µg (11.59%), Folate: 27.45µg (6.86%), Vitamin B5: 0.61mg (6.11%), Magnesium: 19.6mg (4.9%), Vitamin B6: 0.09mg (4.61%), Vitamin B1: 0.06mg (4.24%), Vitamin B3: 0.72mg (3.59%), Potassium: 122.26mg (3.49%), Manganese: 0.06mg (2.93%), Iron: 0.52mg (2.87%), Vitamin D: 0.34µg (2.29%), Vitamin C: 1.65mg (2%), Copper: 0.04mg (1.89%)