



Welsh Rarebit

 Popular

READY IN



45 min.

SERVINGS



2

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup porter beer (such as Guinness)
- ☐ 4 slices bread – use beer bread toasted for even more beer flavour ()
- ☐ 2 servings cayenne pepper to taste
- ☐ 1.5 cup cheddar cheese grated ()
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 servings salt and pepper to taste

- ☐ 2 tablespoons butter unsalted
- ☐ 2 teaspoons worcestershire sauce for vegetarian (a vegetarian one)

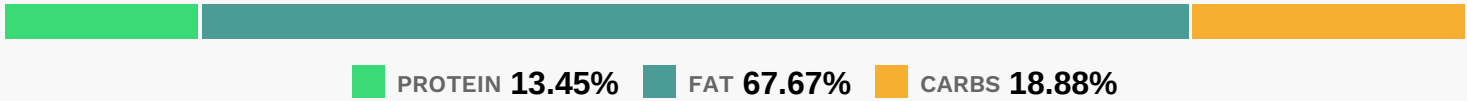
Equipment

- ☐ sauce pan

Directions

- ☐ Melt the butter in a small sauce pan over medium heat.
- ☐ Add the flour and cook for 2 minutes while continuously stirring.
- ☐ Mix in the mustard, Worcestershire sauce, cayenne, salt and pepper.
- ☐ Mix in the beer followed by the cream.
- ☐ Mix in the cheese and let it melt mixing until the sauce is smooth.
- ☐ Pour the cheese sauce over the toast and broil until the cheese is bubbling and golden brown.

Nutrition Facts



Properties

Glycemic Index:132.58, Glycemic Load:20.03, Inflammation Score:-9, Nutrition Score:24.412173727284%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 867.08kcal (43.35%), Fat: 64.69g (99.52%), Saturated Fat: 37.62g (235.14%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 37.51g (13.64%), Sugar: 6.1g (6.77%), Cholesterol: 182.09mg (60.69%), Sodium: 1139.15mg (49.53%), Alcohol: 2.3g (100%), Alcohol %: 1% (100%), Protein: 28.94g (57.88%), Calcium: 726.37mg (72.64%), Selenium: 45.99µg (65.7%), Vitamin A: 2913.54IU (58.27%), Phosphorus: 526.78mg (52.68%), Vitamin B2: 0.71mg (41.83%), Manganese: 0.78mg (39.2%), Zinc: 3.98mg (26.56%), Vitamin B1: 0.34mg (22.98%), Folate: 88.24µg (22.06%), Vitamin B3: 4.19mg (20.97%), Iron: 3.09mg (17.16%), Vitamin B12: 1.03µg (17.15%), Magnesium:

60.5mg (15.13%), Vitamin E: 2.23mg (14.86%), Fiber: 3.09g (12.38%), Vitamin B6: 0.22mg (11.15%), Vitamin D: 1.67µg (11.14%), Vitamin B5: 1.04mg (10.41%), Potassium: 320.13mg (9.15%), Vitamin K: 9.39µg (8.94%), Copper: 0.15mg (7.74%), Vitamin C: 2.79mg (3.38%)