



Welsh Rarebit II

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- 1 eggs beaten
- 1 dash ground pepper white
- 0.8 cup milk
- 1 teaspoon mustard prepared
- 6 ounces processed american cheese shredded
- 0.5 teaspoon soya sauce

Equipment

- bowl

sauce pan

Directions

- In a saucepan over low heat, stir the cheese and milk 10 minutes, or until smooth. Stir in the mustard, soy sauce and white pepper.
- In a small bowl, mix the egg and 3/4 cup of the hot mixture.
- Combine the egg mixture with the remaining hot mixture. Continue cooking over low heat, stirring constantly, for approximately 10 minutes, until the mixture thickens and boils.

Nutrition Facts

PROTEIN 21.09% **FAT 70.93%** **CARBS 7.98%**

Properties

Glycemic Index:14, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:4.2282608293159%

Nutrients (% of daily need)

Calories: 101.45kcal (5.07%), Fat: 8.04g (12.37%), Saturated Fat: 4.44g (27.75%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.62g (1.8%), Cholesterol: 44.47mg (14.82%), Sodium: 399.62mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Calcium: 254.21mg (25.42%), Phosphorus: 171.67mg (17.17%), Selenium: 6.64µg (9.48%), Vitamin B12: 0.49µg (8.19%), Vitamin B2: 0.11mg (6.33%), Vitamin A: 268.13IU (5.36%), Zinc: 0.7mg (4.67%), Vitamin D: 0.49µg (3.26%), Vitamin B5: 0.26mg (2.59%), Magnesium: 9.5mg (2.37%), Potassium: 71.79mg (2.05%), Vitamin B6: 0.04mg (1.8%), Vitamin E: 0.24mg (1.61%), Iron: 0.27mg (1.48%), Vitamin B1: 0.02mg (1.31%), Folate: 4.41µg (1.1%), Manganese: 0.02mg (1.05%)