

Beer Cheese (Bierkase)

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Servings: 4

1 cup cottage cheese OR ricotta cheese
1/2 cup Roquefort, Gorgonzola or
bleu cheese
1/2 cup butter, softened
dash Worcestershire sauce

In a medium bowl, combine all of the ingredients.
Stir to mix thoroughly.

Pack the mixture into a crock or bowl.

Chill for two hours or overnight.

Serve with rye crackers, Scandinavian crisp
bread or pumpernickel bread.

Per Serving (excluding unknown
items): 203 Calories; 23g Fat
(99.5% calories from fat); trace
Protein; trace Carbohydrate; 0g
Dietary Fiber; 62mg Cholesterol;
234mg Sodium. Exchanges: 4 1/2
Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	203	Vitamin B6 (mg):	0mg
% Calories from Fat:	99.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	23g	Folacin (mcg):	1mcg
Saturated Fat (g):	14g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	62mg	% Refused:	0 0%
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	234mg	Vegetable:	0
Potassium (mg):	7mg	Fruit:	0
Calcium (mg):	7mg	Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 867IU
Vitamin A (r.e.): 214 1/2RE

Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 203 **Calories from Fat:** 202

% Daily Values*

Total Fat	23g	35%
	Saturated Fat 14g	72%
Cholesterol	62mg	21%
Sodium	234mg	10%
Total Carbohydrates	trace	0%
	Dietary Fiber 0g	0%
Protein	trace	

Vitamin A	17%
Vitamin C	0%
Calcium	1%
Iron	0%

** Percent Daily Values are based on a 2000 calorie diet.*