

Beer Cheese Sauce

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CpommunityTable.com

Yield: 1 1/2 cups

8 ounces sharp Cheddar cheese,
shredded

1 1/2 tablespoons cornstarch

1/4 teaspoon cayenne pepper

1/4 cup beer

3/4 cup evaporated milk

In a bowl, toss together the cheese, cornstarch and cayenne pepper. until the cheese is coated.

In a saucepan, heat the beer and evaporated milk for 2 minutes over medium heat.

Add the cheese and whisk constantly until melted and the sauce begins to thicken, 2 to 3 minutes. (Do not allow the mixture to boil.)

Stack on a hamburger with bacon, pickles and tomato or grilled red bell pepper.

Per Serving (excluding unknown items): 1239 Calories; 90g Fat (65.8% calories from fat); 70g Protein; 35g Carbohydrate; trace Dietary Fiber; 293mg Cholesterol; 1611mg Sodium. Exchanges: 1/2 Grain(Starch); 8 Lean Meat; 1 1/2 Non-Fat Milk; 12 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	1239	Vitamin B6 (mg):	.3mg
% Calories from Fat:	65.8%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	11.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	22.7%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	90g	Folacin (mcg):	60mcg
Saturated Fat (g):	57g	Niacin (mg):	1mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	24
Cholesterol (mg):	293mg	% Refuse:	0.0%
Carbohydrate (g):	35g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	1/2
Protein (g):	70g	Lean Meat:	8
Sodium (mg):	1611mg	Vegetable:	0
Potassium (mg):	820mg	Fruit:	0
Calcium (mg):	2133mg	Non-Fat Milk:	1 1/2
Iron (mg):	2mg	Fat:	12 1/2
Zinc (mg):	9mg	Other Carbohydrates:	0
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	3336IU		
Vitamin A (r.e.):	877 1/2RE		

Nutrition Facts

Amount Per Serving		
Calories	1239	Calories from Fat: 815
% Daily Values*		
Total Fat	90g	138%
Saturated Fat	57g	283%
Cholesterol	293mg	98%
Sodium	1611mg	67%
Total Carbohydrates	35g	12%
Dietary Fiber	trace	1%
Protein	70g	
Vitamin A		67%
Vitamin C		6%
Calcium		213%
Iron		11%

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