

Mustard Beer Cheese

50 Burger Toppings
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1/3 cup beer
1 tablespoon butter
1 teaspoon mustard powder
pinch salt
pinch pepper
6 ounces white cheddar cheese, grated
1 egg yolk
1 tablespoon grainy mustard

In a small saucepan over medium heat, heat the beer, butter, mustard powder, salt and pepper until steaming.

Gradually whisk in the cheese until smooth.

Whisk in the egg yolk. Cook, whisking, until thickened, 2 to 4 minutes. Remove from the heat.

Stir in the grainy mustard.

Can be used as a hamburger topping.

Per Serving (excluding unknown items): 214 Calories; 18g Fat (81.6% calories from fat); 5g Protein; 5g Carbohydrate; trace Dietary Fiber; 244mg Cholesterol; 332mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	214
% Calories from Fat:	81.6%
% Calories from Carbohydrates:	9.1%
% Calories from Protein:	9.4%
Total Fat (g):	18g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	244mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	5g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	30mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	32
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2

Sodium (mg): 332mg
Potassium (mg): 73mg
Calcium (mg): 54mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 762IU
Vitamin A (r.e.): 205RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 214 Calories from Fat: 175

% Daily Values*

Total Fat	18g	28%
Saturated Fat	9g	44%
Cholesterol	244mg	81%
Sodium	332mg	14%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	1%
Protein	5g	
Vitamin A		15%
Vitamin C		1%
Calcium		5%
Iron		6%

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