



Cheddar Cheese Fondue

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp cornstarch
- 2 Tbsp grey poupon dijon mustard
- 0.8 cup chicken broth fat-free reduced-sodium
- 8 oz cracker barrel sharp cheddar cheese shredded

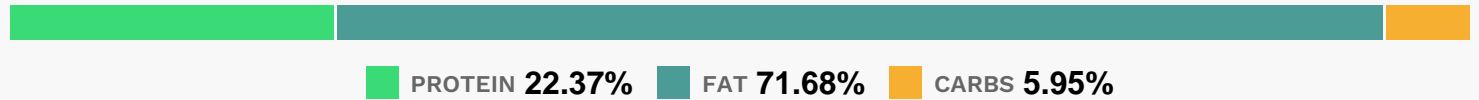
Equipment

- sauce pan
- whisk

Directions

- Bring broth to boil in medium saucepan. Meanwhile, mix cornstarch and mustard until blended.
- Whisk mustard mixture into broth. Stir in cheese; cook on medium heat 10 min. or until cheese is melted and sauce is well blended, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.9726087066304%

Nutrients (% of daily need)

Calories: 61.31kcal (3.07%), Fat: 4.9g (7.54%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.09g (0.1%), Cholesterol: 14.17mg (4.72%), Sodium: 156.89mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Calcium: 101.83mg (10.18%), Selenium: 4.9µg (7%), Phosphorus: 68.18mg (6.82%), Vitamin B2: 0.07mg (3.88%), Zinc: 0.53mg (3.56%), Vitamin A: 143.36IU (2.87%), Vitamin B12: 0.17µg (2.86%), Magnesium: 4.85mg (1.21%)