



Cheddar Chipotle Fondue

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp chipotle peppers in adobo sauce pureed
- 2 Tbsp grey poupon dijon mustard
- 0.5 cup cooking wine dry white
- 2 cups hoffman's sharp pasteurized process cheddar cheese shredded
- 0.5 cup whipping cream

Equipment

- sauce pan
- pot

Directions

- Mix all ingredients in medium saucepan. Cook on low heat until process cheese is melted and mixture is heated through, stirring constantly.
- Serve in fondue pot with toasted bread cubes, roasted cubed potatoes, cut-up grilled chicken or cut-up grilled vegetables.

Nutrition Facts

PROTEIN 16.62% **FAT 78.72%** **CARBS 4.66%**

Properties

Glycemic Index:3.7, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:1.8199999933334%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 72.67kcal (3.63%), Fat: 6.04g (9.29%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.34g (0.38%), Cholesterol: 18.02mg (6.01%), Sodium: 92.32mg (4.01%), Alcohol: 0.62g (100%), Alcohol %: 3.07% (100%), Protein: 2.87g (5.74%), Calcium: 85.3mg (8.53%), Phosphorus: 57.9mg (5.79%), Selenium: 3.89µg (5.56%), Vitamin A: 201.79IU (4.04%), Vitamin B2: 0.06mg (3.7%), Zinc: 0.45mg (2.97%), Vitamin B12: 0.13µg (2.15%), Magnesium: 4.79mg (1.2%), Vitamin D: 0.16µg (1.09%)