

Cheddar Fondue

READY IN



20 min.

SERVINGS



10

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups chicken broth (from 32-oz carton)
- ☐ 1.5 lb cheddar cheese shredded
- ☐ 0.3 teaspoon hot sauce red
- ☐ 1 serving cherry tomatoes assorted (bell pepper strips, broccoli flowerets, cherry tomatoes, mushrooms)

Equipment

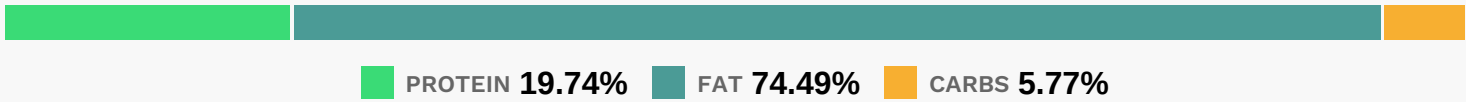
- ☐ sauce pan

☐ pot

Directions

- ☐ In heavy 3-quart saucepan, melt butter over low heat. Stir in flour. Cook 3 minutes, stirring constantly. Stir in broth; heat to boiling. Boil 2 to 3 minutes, stirring constantly, until mixture is thick and smooth.
- ☐ Reduce heat to low.
- ☐ Add cheese, 1 cup at a time, stirring over low heat until cheese is melted and mixture is smooth. Stir in pepper sauce.
- ☐ Pour cheese mixture into fondue pot; keep warm over low heat.
- ☐ Spear vegetables with fondue forks. Dip and swirl vegetables in fondue.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:9.8413043384967%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 334.57kcal (16.73%), Fat: 27.82g (42.8%), Saturated Fat: 14.02g (87.64%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.66g (1.69%), Sugar: 0.75g (0.84%), Cholesterol: 68.74mg (22.91%), Sodium: 633.6mg (27.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.19%), Calcium: 486.25mg (48.63%), Phosphorus: 321.86mg (32.19%), Selenium: 20.53µg (29.33%), Vitamin B2: 0.34mg (20.1%), Vitamin A: 957.98IU (19.16%), Zinc: 2.56mg (17.1%), Vitamin B12: 0.73µg (12.23%), Folate: 21.99µg (5.5%), Vitamin E: 0.79mg (5.23%), Magnesium: 20.92mg (5.23%), Vitamin C: 3.46mg (4.19%), Vitamin B1: 0.06mg (3.84%), Vitamin B5: 0.32mg (3.22%), Vitamin B6: 0.06mg (3.03%), Manganese: 0.06mg (3%), Potassium: 96.87mg (2.77%), Vitamin D: 0.41µg (2.72%), Copper: 0.04mg (2.17%), Iron: 0.38mg (2.11%), Vitamin K: 2.06µg (1.96%), Vitamin B3: 0.38mg (1.89%)