

Cheddar Fondue

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.3 teaspoon worcestershire sauce

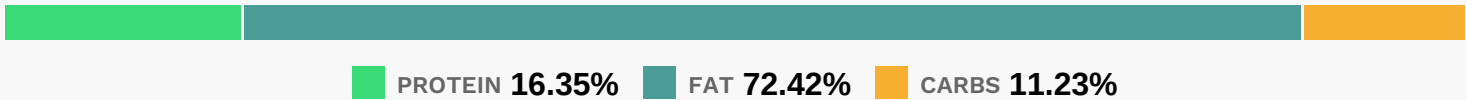
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Melt butter in a saucepan.
- ☐ Whisk in flour, salt, pepper, mustard, Worcestershire sauce until smooth; gradually add milk.
- ☐ Bring to a boil; cook 2 minutes or until thickened, stirring often. Reduce heat; add cheese, stirring until melted.
- ☐ Transfer to fondue pot or slow cooker to keep warm. Dip and enjoy!

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:2.53, Inflammation Score:-3, Nutrition Score:4.6882608868992%

Nutrients (% of daily need)

Calories: 167.05kcal (8.35%), Fat: 13.54g (20.82%), Saturated Fat: 7.96g (49.74%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.62g (1.68%), Sugar: 1.87g (2.07%), Cholesterol: 39.27mg (13.09%), Sodium: 317.03mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Calcium: 207.78mg (20.78%), Phosphorus: 146.16mg (14.62%), Selenium: 8.34µg (11.91%), Vitamin B2: 0.17mg (9.9%), Vitamin A: 428.77IU (8.58%), Vitamin B12: 0.45µg (7.46%), Zinc: 1.01mg (6.76%), Vitamin D: 0.54µg (3.59%), Vitamin B1: 0.05mg (3.5%), Magnesium: 11.61mg (2.9%), Folate: 10.75µg (2.69%), Vitamin B5: 0.25mg (2.51%), Potassium: 79.33mg (2.27%), Vitamin E: 0.33mg (2.17%), Vitamin B6: 0.04mg (1.99%), Manganese: 0.03mg (1.65%), Vitamin B3: 0.24mg (1.21%), Iron: 0.2mg (1.12%), Vitamin K: 1.15µg (1.09%)