



Cheddar Fondue

 Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce condensed cream of cheddar cheese soup canned
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 clove garlic minced
- ☐ 1.3 cups sharp cheddar cheese shredded
- ☐ 1 teaspoon worcestershire sauce

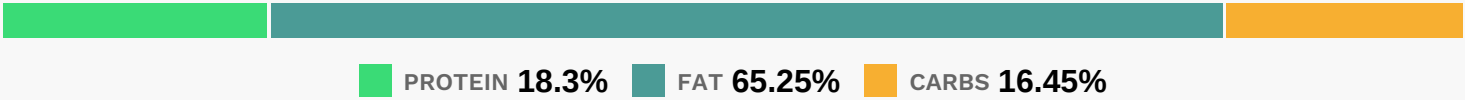
Equipment

- ☐ double boiler

Directions

☐ Stir Cheddar cheese soup, Cheddar cheese, wine, garlic, Worcestershire sauce, and dry mustard together in the top of a double boiler with the water gently simmering over medium-low heat; cook, stirring frequently, until the cheese is melted completely and the mixture is smooth, about 20 minutes

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:7.5156522185906%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 294.66kcal (14.73%), Fat: 20.17g (31.03%), Saturated Fat: 10.68g (66.77%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 10.59g (3.85%), Sugar: 2.2g (2.45%), Cholesterol: 51.15mg (17.05%), Sodium: 867.43mg (37.71%), Alcohol: 2.06g (100%), Alcohol %: 1.52% (100%), Protein: 12.73g (25.45%), Calcium: 371.58mg (37.16%), Phosphorus: 223.35mg (22.34%), Selenium: 13.84µg (19.78%), Vitamin A: 882.89IU (17.66%), Potassium: 530.86mg (15.17%), Vitamin B2: 0.21mg (12.63%), Zinc: 1.78mg (11.85%), Vitamin B12: 0.5µg (8.32%), Magnesium: 15.84mg (3.96%), Fiber: 0.85g (3.42%), Vitamin B6: 0.06mg (2.78%), Folate: 10.55µg (2.64%), Manganese: 0.05mg (2.45%), Vitamin E: 0.36mg (2.43%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.28µg (1.88%), Iron: 0.27mg (1.49%), Vitamin B1: 0.02mg (1.29%), Copper: 0.02mg (1.22%), Vitamin K: 1.26µg (1.2%)