



Cheddar Fondue with Green Chiles, Tomatoes and Scallions



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



20

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz roasted chiles green drained chopped canned
- ☐ 1 onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 scallions thinly sliced
- ☐ 4 cups cheddar shredded
- ☐ 3 small tomatoes ripe seeded chopped (1 lb. total)
- ☐ 20 servings tortilla chips

- ☐ 3 tablespoons butter unsalted
- ☐ 20 servings crudités
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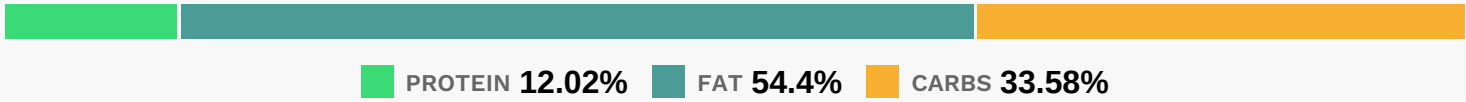
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt butter in a 12-inch nonstick skillet over medium heat.
- ☐ Add onion and saut until softened, about 4 minutes.
- ☐ Add tomatoes and chiles and cook, stirring occasionally, for 10 minutes. Reduce heat to low and add cheese in 4 batches, stirring constantly, until melted. Stir in salt.
- ☐ Transfer fondue to a fondue pot or chafing dish, adjust heat to keep fondue hot, sprinkle with scallions and serve hot with tortilla chips and crudits, if desired.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:6.8465217300083%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 246.73kcal (12.34%), Fat: 15.24g (23.45%), Saturated Fat: 6.21g (38.84%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 19.28g (7.01%), Sugar: 1.21g (1.35%), Cholesterol: 27.11mg (9.04%), Sodium: 299.62mg (13.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.16%), Calcium: 194.29mg (19.43%), Phosphorus: 174.76mg (17.48%), Vitamin C: 10.65mg (12.91%), Selenium: 7.71µg (11.02%), Vitamin K: 10.92µg (10.4%), Vitamin A: 459.53IU (9.19%), Vitamin E: 1.33mg (8.85%), Zinc: 1.27mg (8.47%), Magnesium: 33.26mg (8.32%), Vitamin B2:

0.13mg (7.64%), Fiber: 1.89g (7.54%), Vitamin B6: 0.11mg (5.64%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.24µg (4.05%), Vitamin B1: 0.06mg (3.88%), Potassium: 130.83mg (3.74%), Folate: 13.33µg (3.33%), Iron: 0.59mg (3.26%), Copper: 0.05mg (2.68%), Vitamin B3: 0.41mg (2.06%), Manganese: 0.04mg (1.88%), Vitamin D: 0.17µg (1.11%)