



Cheese and Artichoke Fondue

READY IN



30 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 1 tablespoon flour all-purpose gold medal®
- ☐ 1 teaspoon ground mustard
- ☐ 1 cup milk
- ☐ 1.5 cups processed american cheese diced
- ☐ 0.3 cup roasted peppers diced red drained
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 tablespoon worcestershire sauce

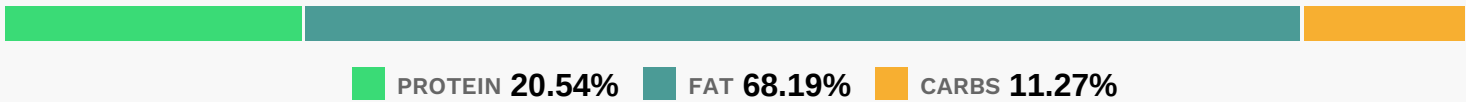
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Mix American cheese, milk, Worcestershire sauce, flour and mustard in a 3-quart saucepan. Cook over medium-low heat, stirring occasionally, until cheese is melted.
- ☐ Stir in Cheddar cheese until melted. Stir in artichoke hearts and bell peppers.
- ☐ Transfer cheese mixture to fondue pot. Keep warm over low flame.
- ☐ Serve with dippers.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:2.92, Inflammation Score:-6, Nutrition Score:15.76217427461%

Nutrients (% of daily need)

Calories: 441.38kcal (22.07%), Fat: 33.28g (51.19%), Saturated Fat: 18.77g (117.3%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 10.63g (3.87%), Sugar: 5.49g (6.1%), Cholesterol: 102.19mg (34.06%), Sodium: 1719.09mg (74.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.1%), Calcium: 932.99mg (93.3%), Phosphorus: 602.68mg (60.27%), Selenium: 25.48µg (36.4%), Vitamin B12: 1.57µg (26.1%), Vitamin B2: 0.41mg (24.27%), Vitamin A: 1068.56IU (21.37%), Zinc: 3.18mg (21.2%), Magnesium: 36.19mg (9.05%), Vitamin D: 1.24µg (8.27%), Potassium: 245.9mg (7.03%), Fiber: 1.74g (6.98%), Vitamin B5: 0.63mg (6.3%), Vitamin B6: 0.11mg (5.66%), Vitamin C: 4.66mg (5.64%), Vitamin E: 0.8mg (5.32%), Vitamin B1: 0.08mg (5.22%), Folate: 19.08µg (4.77%), Iron: 0.83mg (4.59%), Manganese: 0.07mg (3.36%), Copper: 0.06mg (3.23%), Vitamin K: 2.64µg (2.51%), Vitamin B3: 0.34mg (1.69%)