



Cheese and Artichoke Fondue

READY IN



30 min.

SERVINGS



28

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz processed cheese food diced
- 1 cup milk
- 1 tablespoon worcestershire sauce
- 1 tablespoon flour all-purpose
- 1 teaspoon ground mustard
- 6 oz sharp cheddar cheese shredded
- 14 oz artichoke hearts drained chopped canned
- 0.3 cup roasted peppers diced red drained chopped (from 7-oz jar)
- 1 cubes bread french

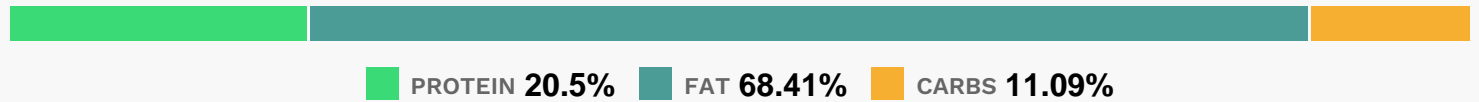
Equipment

- sauce pan
- pot

Directions

- In 3-quart saucepan, mix American cheese, milk, Worcestershire sauce, flour and mustard. 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. To serve, dip bread cubes into fondue.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.3404348194599%

Nutrients (% of daily need)

Calories: 65.46kcal (3.27%), Fat: 4.95g (7.62%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.8g (0.89%), Cholesterol: 15.22mg (5.07%), Sodium: 255.92mg (11.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Calcium: 139.75mg (13.97%), Phosphorus: 90.09mg (9.01%), Selenium: 3.78µg (5.4%), Vitamin B12: 0.23µg (3.88%), Vitamin B2: 0.06mg (3.56%), Vitamin A: 158.53IU (3.17%), Zinc: 0.47mg (3.14%), Magnesium: 5.35mg (1.34%), Vitamin D: 0.18µg (1.21%), Potassium: 35.99mg (1.03%)