

Cheese Fondue Dip

READY IN



25 min.

SERVINGS



8

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 22 ounces condensed cream of cheddar cheese soup canned
- ☐ 0.3 cup wine dry white
- ☐ 8 ounces cheddar cheese shredded
- ☐ 0.3 cup spring onion finely chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 Dash hot sauce red
- ☐ 1 serving savory vegetable raw
- ☐ 1 pieces bread french

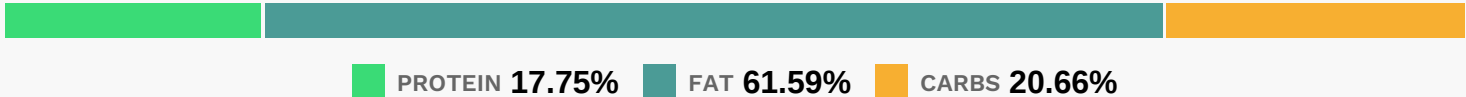
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat soup, wine and cheese in 2-quart saucepan or chafing dish over medium heat, stirring occasionally, until cheese is melted. Stir in onions, garlic powder and pepper sauce.
- ☐ Pour into fondue pot or chafing dish to keep warm.
- ☐ Spear vegetables and bread pieces with fondue forks, and dip into fondue. (If fondue becomes too thick, stir in a small amount of dry white wine or apple juice.)

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:6.0108694900637%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 193.9kcal (9.69%), Fat: 12.85g (19.77%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 8.52g (3.1%), Sugar: 1.5g (1.67%), Cholesterol: 31.47mg (10.49%), Sodium: 601.28mg (26.14%), Alcohol: 0.77g (100%), Alcohol %: 0.76% (100%), Protein: 8.33g (16.66%), Vitamin A: 1207.04IU (24.14%), Calcium: 231.29mg (23.13%), Phosphorus: 139.58mg (13.96%), Potassium: 413.56mg (11.82%), Selenium: 8.15µg (11.65%), Vitamin B2: 0.14mg (8.18%), Zinc: 1.12mg (7.45%), Vitamin K: 7.18µg (6.84%), Vitamin B12: 0.3µg (5.01%), Fiber: 1.17g (4.68%), Magnesium: 11.87mg (2.97%), Folate: 11.53µg (2.88%), Manganese: 0.05mg (2.3%), Vitamin C: 1.78mg (2.16%), Vitamin B6: 0.04mg (1.89%), Vitamin B1: 0.03mg (1.7%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.42%), Iron: 0.23mg (1.28%), Copper: 0.02mg (1.18%), Vitamin D: 0.17µg (1.13%)