



## Cheese Fondue with Chiles and Mushrooms

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 6-inch flour tortillas warmed ()
- 2 cloves garlic minced
- 8 oz monterrey jack cheese shredded kraft
- 0.3 lb mushrooms chopped
- 2 large poblano chiles peeled seeded cut into thin strips
- 1 serrano chile chopped

### Equipment

- frying pan

oven

## Directions

Heat oven to 350F.

Cook and stir poblano chiles and mushrooms in large nonstick skillet on medium-high heat 2 min.

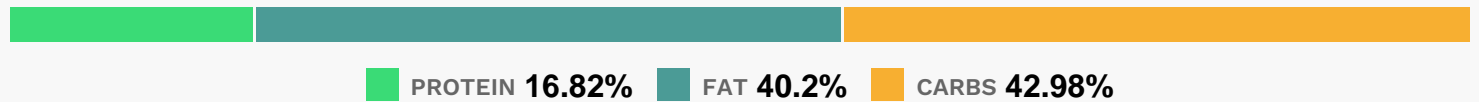
Add Serrano chiles and garlic; cook and stir 2 min.

Spoon into 1-1/2-qt.casserole; top with cheese.

Bake 10 to 15 min. or until heated through.

Serve with tortillas.

## Nutrition Facts



## Properties

Glycemic Index:4.43, Glycemic Load:2.59, Inflammation Score:-2, Nutrition Score:3.6208695587905%

## Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 80.54kcal (4.03%), Fat: 3.6g (5.54%), Saturated Fat: 1.92g (12%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 7.87g (2.86%), Sugar: 0.98g (1.09%), Cholesterol: 6.73mg (2.24%), Sodium: 163.69mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin C: 9.02mg (10.94%), Calcium: 81.35mg (8.13%), Phosphorus: 72.35mg (7.23%), Selenium: 5.04µg (7.21%), Vitamin B1: 0.09mg (6.09%), Vitamin B2: 0.09mg (5.48%), Manganese: 0.1mg (4.94%), Folate: 18.19µg (4.55%), Vitamin B3: 0.91mg (4.54%), Iron: 0.7mg (3.87%), Fiber: 0.8g (3.18%), Vitamin B6: 0.05mg (2.37%), Zinc: 0.35mg (2.32%), Vitamin K: 2.18µg (2.07%), Vitamin A: 100.48IU (2.01%), Copper: 0.04mg (1.96%), Magnesium: 7.09mg (1.77%), Potassium: 58.69mg (1.68%), Vitamin B5: 0.11mg (1.11%), Vitamin B12: 0.06µg (1.07%)