



## Cheesy Pizza "Fundue"

READY IN



8 min.

SERVINGS



4

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 slices bread italian cut into 1-inch cubes ()
- 2 Tbsp parmesan cheese grated kraft
- 1 cup classico family favorites pasta sauce traditional
- 2 cups cut-up vegetables fresh red (carrots, cauliflower, celery, peppers)
- 6 oz velveeta cut into 1/2-inch cubes
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### Equipment

- bowl

paper towels

microwave

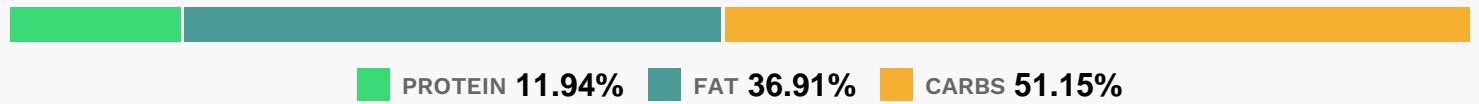
## Directions

Place pasta sauce in medium microwaveable bowl; cover with paper towel. Microwave on HIGH 1 min.

Stir in VELVEETA and Parmesan. Microwave 2-1/2 min. or until VELVEETA is completely melted and mixture is well blended, stirring after each minute.

Serve with vegetable and bread dippers.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:11.890869752868%

## Nutrients (% of daily need)

Calories: 195.07kcal (9.75%), Fat: 8.42g (12.95%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 20.99g (7.63%), Sugar: 8.36g (9.29%), Cholesterol: 2.17mg (0.73%), Sodium: 451.05mg (19.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin A: 4907.82IU (98.16%), Fiber: 5.26g (21.03%), Vitamin C: 13.75mg (16.67%), Manganese: 0.29mg (14.49%), Vitamin B3: 2.65mg (13.24%), Potassium: 422.83mg (12.08%), Folate: 44.65µg (11.16%), Iron: 1.88mg (10.47%), Vitamin B1: 0.15mg (10.29%), Phosphorus: 93.48mg (9.35%), Magnesium: 35.3mg (8.83%), Vitamin B2: 0.14mg (8.46%), Copper: 0.16mg (7.8%), Vitamin B6: 0.15mg (7.47%), Vitamin E: 0.89mg (5.96%), Calcium: 53.42mg (5.34%), Zinc: 0.69mg (4.62%), Vitamin B5: 0.35mg (3.46%), Selenium: 1.61µg (2.3%), Vitamin K: 1.76µg (1.67%)