



Cheesy Roasted Jalapeño Fondue



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

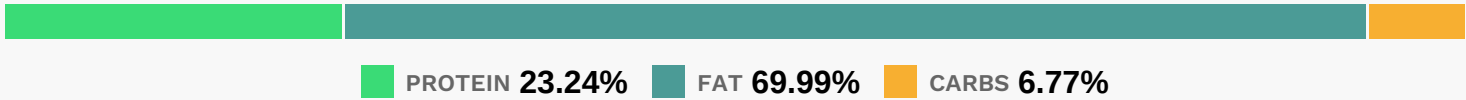
- ☐ 2 tbsp cornstarch
- ☐ 1 cup wine dry white
- ☐ 3 jalapeno minced
- ☐ 2 cups pepper jack cheese shredded
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 tsp paprika smoked

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Cheesy Roasted Jalapeño Fondue
- ☐ Ingredients1 cup dry white wine2 tbsp cornstarch8 oz. (2 cups) shredded cheddar cheese8 oz. (2 cups) shredded pepper jack cheese1 tsp smoked paprika3–4 roasted jalapeños, minced
- ☐ Servings: 4 servings
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:15.384782589%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 510.16kcal (25.51%), Fat: 36.43g (56.05%), Saturated Fat: 21.66g (135.38%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.42g (2.7%), Sugar: 1.53g (1.7%), Cholesterol: 106.79mg (35.6%), Sodium: 712.53mg (30.98%), Alcohol: 6.18g (100%), Alcohol %: 4.17% (100%), Protein: 27.23g (54.45%), Calcium: 828.83mg (82.88%), Phosphorus: 525.25mg (52.53%), Selenium: 24.43µg (34.9%), Vitamin B2: 0.49mg (28.94%), Vitamin A: 1360.07IU (27.2%), Zinc: 3.88mg (25.86%), Vitamin B12: 1.07µg (17.8%), Vitamin C: 12.46mg (15.1%), Magnesium: 39.1mg (9.77%), Vitamin B6: 0.17mg (8.42%), Vitamin E: 1.09mg (7.28%), Folate: 25.72µg (6.43%), Manganese: 0.1mg (5.12%), Vitamin K: 5.35µg (5.1%), Potassium: 169.43mg (4.84%), Vitamin D: 0.68µg (4.52%), Iron: 0.81mg (4.5%), Vitamin B5: 0.42mg (4.25%), Copper: 0.05mg (2.48%), Vitamin B1: 0.03mg (2.25%), Fiber: 0.5g (2.02%), Vitamin B3: 0.33mg (1.66%)