



Chicken Fondue

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple juice
- 29 oz chicken broth canned
- 2 Tbsp cornstarch
- 1 small garlic clove
- 0.3 cup 1/4 cup prepared good seasons italian or zesty italian dressing mix italian good prepared
- 1 Tbsp 1 tbsp. good seasons italian or zesty italian dressing mix italian good
- 1 Tbsp juice of lemon
- 1 cup miracle whip dressing divided

- 1 medium onion finely chopped
- 2 lb chicken breasts boneless skinless cut into thin strips
- 3 cups cut-up vegetables fresh such as small cauliflower florets, mushroom slices and chopped bell peppers assorted

Equipment

- sauce pan
- pot
- skewers

Directions

- Heat 1/4 cup of the Italian dressing in fondue pot or heavy saucepan on medium-high heat.
- Add onions; cook and stir until crisp-tender.
- Add broth, apple juice and cornstarch; stir until well blended. Bring just to boil.
- Dip chicken and vegetables, in batches, into boiling broth mixture with a long-handled fork or long skewer. Cook chicken for 3 min. or until cooked through and vegetables for 2 to 3 min. or until crisp-tender, removing ingredients from the broth mixture as they are done.
- Combine 1/2 cup of the MIRACLE WHIP with the garlic and lemon juice.
- Mix remaining 1/2 cup MIRACLE WHIP with the Italian dressing mix.
- Serve as dips for the chicken and vegetables.

Nutrition Facts



Properties

Glycemic Index:5.19, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:6.3160869181156%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg,
Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg
Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 126.58kcal (6.33%), Fat: 3.93g (6.04%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 5.31g (1.77%), Net
Carbohydrates: 4.78g (1.74%), Sugar: 1.96g (2.18%), Cholesterol: 40.58mg (13.53%), Sodium: 549.65mg (23.9%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.68%), Selenium: 17.8µg (25.42%), Vitamin B3: 4.64mg
(23.22%), Vitamin B6: 0.36mg (18.21%), Phosphorus: 134.25mg (13.42%), Vitamin C: 6.86mg (8.31%), Zinc: 1.08mg
(7.17%), Potassium: 238.01mg (6.8%), Vitamin B12: 0.4µg (6.69%), Vitamin B5: 0.61mg (6.06%), Vitamin B2: 0.08mg
(4.63%), Magnesium: 18.26mg (4.56%), Iron: 0.65mg (3.58%), Vitamin K: 2.71µg (2.58%), Folate: 9.91µg (2.48%),
Vitamin B1: 0.03mg (2.18%), Fiber: 0.53g (2.11%), Manganese: 0.04mg (1.79%), Copper: 0.03mg (1.7%), Vitamin A:
76.32IU (1.53%), Vitamin E: 0.19mg (1.24%), Calcium: 11.35mg (1.13%)