



## Chili-Cheese Fondue

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 lb crusty baguette cut into 3/4-inch cubes
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon cumin seeds crushed
- ☐ 4 oz chilis diced green canned
- ☐ 0.5 pound monterrey jack cheese shredded
- ☐ 1 cups milk
- ☐ 0.5 pound sharp cheddar cheese shredded
- ☐ 6 ounces tortilla chips

- ☐ 8 servings frangelico
- ☐ 10 servings frangelico

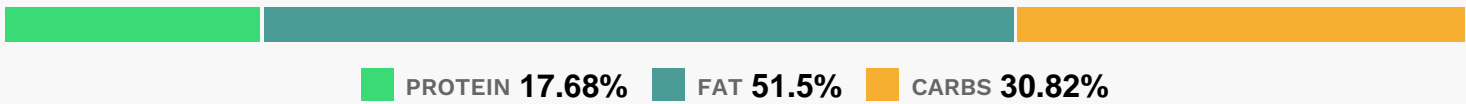
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers

## Directions

- ☐ In a 1 1/2- to 2-quart fondue pan (flame-proof ceramic or porcelain-glazed cast iron) or heavy-bottom metal pan over medium heat, warm 1 cup milk until bubbles form and slowly rise to surface, about 6 minutes.
- ☐ In a bowl, mix jack cheese, cheddar cheese, cornsarch, and cumin.
- ☐ Add cheese mixture, a handful at a time, to hot milk, stirring until fondue is smoothly melted and beginning to bubble.
- ☐ Set pan over an ignited alcohol or canned solid-fuel flame (if pan is ceramic, place a heat diffuser between it and heat source). Adjust heat so fondue bubbles very slowly. Check occasionally to be sure fondue is not scorching; if it is too hot, reduce or turn off the heat, then resume heating when mixture begins to cool.
- ☐ Spear bread cubes, 1 at a time, with fondue forks or thin skewers (metal or wood) and swirl through fondue (stir across bottom frequently to prevent scorching); lift out and let drip briefly over pan, then eat. If fondue gets too thick for easy dipping, stir in more heated milk, a few tablespoons at a time. After fondue is consumed, scrape the cheese crust from pan to divide and eat; it's considered a special treat.
- ☐ Serve fondue with tortilla chips instead of bread if you choose.

## Nutrition Facts



## Properties

Glycemic Index:16.88, Glycemic Load:8.11, Inflammation Score:-5, Nutrition Score:10.379130456759%

## Nutrients (% of daily need)

Calories: 340.02kcal (17%), Fat: 19.58g (30.12%), Saturated Fat: 9.75g (60.92%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 24.74g (8.99%), Sugar: 2.56g (2.85%), Cholesterol: 45.79mg (15.26%), Sodium: 535.13mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.25%), Calcium: 407.37mg (40.74%), Phosphorus: 291.48mg (29.15%), Selenium: 14.91µg (21.3%), Vitamin B2: 0.31mg (18.29%), Zinc: 2.05mg (13.65%), Vitamin B1: 0.18mg (12.12%), Folate: 41.3µg (10.32%), Vitamin B12: 0.56µg (9.34%), Vitamin A: 458.52IU (9.17%), Magnesium: 36.59mg (9.15%), Iron: 1.53mg (8.51%), Vitamin B3: 1.31mg (6.55%), Fiber: 1.62g (6.49%), Vitamin E: 0.91mg (6.09%), Manganese: 0.12mg (5.92%), Vitamin B6: 0.12mg (5.85%), Vitamin B5: 0.53mg (5.29%), Vitamin K: 5.43µg (5.17%), Vitamin C: 3.89mg (4.72%), Potassium: 147.95mg (4.23%), Vitamin D: 0.54µg (3.6%), Copper: 0.06mg (3.07%)