



Cream Cheese Fondue



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce cream cheese cubed
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 teaspoon garlic salt
- ☐ 1 pinch ground nutmeg
- ☐ 1 pinch ground pepper black
- ☐ 1.8 cups milk
- ☐ 2 teaspoons ground mustard dry

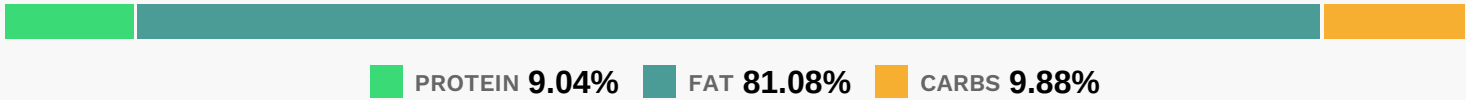
Equipment

☐ sauce pan

Directions

☐ Cook and stir cream cheese and milk in a saucepan over medium heat until cheese is almost melted, 5 to 7 minutes. Stir in sherry, mustard, garlic, pepper, and nutmeg; continue to cook and stir over medium heat until cream cheese is completely melted, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:3.65, Inflammation Score:-7, Nutrition Score:9.3778261403027%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 470.47kcal (23.52%), Fat: 42.88g (65.97%), Saturated Fat: 24.98g (156.11%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 11.58g (4.21%), Sugar: 9.57g (10.64%), Cholesterol: 127.34mg (42.45%), Sodium: 978.37mg (42.54%), Alcohol: 0.39g (100%), Alcohol %: 0.22% (100%), Protein: 10.76g (21.51%), Vitamin A: 1696.57IU (33.93%), Calcium: 245.23mg (24.52%), Vitamin B2: 0.41mg (24.21%), Phosphorus: 238.68mg (23.87%), Selenium: 13.87µg (19.82%), Vitamin B12: 0.83µg (13.77%), Vitamin B5: 1.05mg (10.55%), Potassium: 321.18mg (9.18%), Vitamin D: 1.17µg (7.83%), Vitamin E: 1.08mg (7.2%), Zinc: 1.08mg (7.18%), Magnesium: 27.61mg (6.9%), Vitamin B6: 0.13mg (6.75%), Vitamin B1: 0.09mg (6.33%), Folate: 12.06µg (3.01%), Manganese: 0.06mg (2.88%), Vitamin K: 2.81µg (2.68%), Copper: 0.03mg (1.57%), Vitamin B3: 0.27mg (1.35%), Iron: 0.24mg (1.34%)