



Creamy Veggie Fondue



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup pkt spinach frozen thawed drained chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon ground pepper
- ☐ 1 teaspoon ground mustard dry
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 0.3 cup milk

- ☐ 8 ounce monterrey jack cheese shredded
- ☐ 8 ounce cheddar cheese shredded
- ☐ 0.3 cup white wine

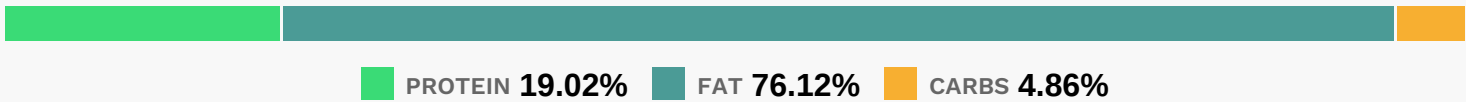
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ double boiler

Directions

- ☐ In a medium saucepan over medium heat, mix together milk, white wine, Cheddar cheese, Monterey Jack cheese and cream cheese. Cook, stirring frequently, until melted, about 10 minutes.
- ☐ Stir in green onions, spinach, dry mustard, cayenne pepper, garlic powder and black pepper. Continue cooking until all ingredients are well blended, about 10 minutes.
- ☐ Transfer mixture to a double boiler or fondue pot to keep warm while serving.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:21.763912672582%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 675.41kcal (33.77%), Fat: 56.81g (87.39%), Saturated Fat: 33.49g (209.34%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 7.32g (2.66%), Sugar: 3.8g (4.22%), Cholesterol: 166.26mg (55.42%), Sodium:

904.57mg (39.33%), Alcohol: 1.54g (100%), Alcohol %: 0.9% (100%), Protein: 31.93g (63.87%), Calcium: 920.9mg (92.09%), Vitamin A: 3206.85IU (64.14%), Phosphorus: 606.79mg (60.68%), Vitamin K: 54.53µg (51.94%), Selenium: 31.36µg (44.8%), Vitamin B2: 0.66mg (38.8%), Zinc: 4.3mg (28.64%), Vitamin B12: 1.28µg (21.31%), Magnesium: 51.66mg (12.91%), Folate: 47.28µg (11.82%), Vitamin E: 1.57mg (10.46%), Manganese: 0.21mg (10.41%), Vitamin B6: 0.18mg (9.06%), Potassium: 278.29mg (7.95%), Vitamin B5: 0.77mg (7.71%), Iron: 1.05mg (5.86%), Vitamin D: 0.85µg (5.65%), Vitamin B1: 0.07mg (4.62%), Copper: 0.08mg (4.14%), Fiber: 0.84g (3.35%), Vitamin C: 2.14mg (2.59%), Vitamin B3: 0.33mg (1.64%)