



Double-Cheese Fondue

READY IN



20 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 22 oz condensed cream of cheddar cheese soup canned
- ☐ 0.3 cup wine dry white
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon hot sauce red
- ☐ 0.3 cup spring onion finely chopped
- ☐ 1 pieces bread french
- ☐ 1 pieces cauliflower florets

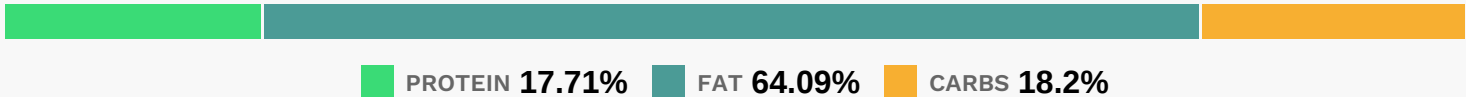
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In 2-quart saucepan or chafing dish, heat soup, wine and cheese over medium heat, stirring occasionally, until cheese is melted. Stir in garlic powder, a few drops pepper sauce and the onions.
- ☐ Pour into fondue pot or chafing dish to keep warm.
- ☐ Spear bread pieces and vegetables with fondue forks; dip into fondue. (If fondue becomes too thick, stir in a small amount of dry white wine or apple juice.)

Nutrition Facts



Properties

Glycemic Index:23.94, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:4.9856522310039%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 186.65kcal (9.33%), Fat: 12.79g (19.68%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.45g (2.71%), Sugar: 1.5g (1.67%), Cholesterol: 31.47mg (10.49%), Sodium: 597.3mg (25.97%), Alcohol: 0.77g (100%), Alcohol %: 0.83% (100%), Protein: 7.95g (15.91%), Calcium: 228.48mg (22.85%), Phosphorus: 132.93mg (13.29%), Vitamin A: 629.5IU (12.59%), Selenium: 8.11µg (11.58%), Potassium: 389.89mg (11.14%), Vitamin B2: 0.13mg (7.61%), Zinc: 1.07mg (7.11%), Vitamin K: 7.2µg (6.86%), Vitamin B12: 0.3µg (5.01%), Fiber: 0.72g (2.88%), Magnesium: 9.16mg (2.29%), Folate: 8.3µg (2.08%), Vitamin E: 0.23mg (1.54%), Vitamin B6: 0.03mg (1.36%), Vitamin B5: 0.12mg (1.25%), Vitamin D: 0.17µg (1.13%)