



Easy Cheese Fondue

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz triple cheddar cheese shredded with a touch of philadelphia kraft
- 8 oz philadelphia cream cheese spread
- 3 tsp cornstarch
- 0.5 cup cooking wine dry white
- 1 cup chicken broth fat-free divided reduced-sodium
- 0.5 tsp garlic powder
- 0.1 tsp ground nutmeg

Equipment

- bowl
- sauce pan

Directions

- Toss shredded cheese with cornstarch in small bowl; set aside.
- Cook and stir cream cheese spread and 2 Tbsp. broth in medium saucepan on medium-low heat until smooth. Stir in remaining broth, wine, garlic powder and nutmeg. Cook and stir 5 min. or until bubbly around edge.
- Add shredded cheese; cook and stir 2 to 3 min. or until completely melted.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.2860869496413%

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

Nutrients (% of daily need)

Calories: 108.31kcal (5.42%), Fat: 8.45g (13%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.63g (0.7%), Cholesterol: 24.49mg (8.16%), Sodium: 231.43mg (10.06%), Alcohol: 0.82g (100%), Alcohol %: 1.94% (100%), Protein: 4.57g (9.13%), Calcium: 126.49mg (12.65%), Phosphorus: 72.87mg (7.29%), Selenium: 4.66µg (6.65%), Vitamin A: 295.16IU (5.9%), Vitamin B2: 0.07mg (4.19%), Zinc: 0.57mg (3.81%), Vitamin B12: 0.19µg (3.18%), Magnesium: 5.16mg (1.29%)