



Garlic, Spinach & Cheddar Fondue

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 16 oz triple cheddar cheese shredded with a touch of philadelphia kraft
- 0.3 cup philadelphia cream cheese spread ()
- 2 tsp cornstarch
- 0.8 cup cooking wine dry white
- 4 cloves garlic minced
- 1.5 cups tightly spinach fresh packed finely chopped

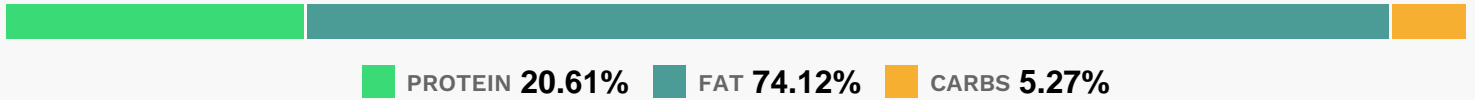
Equipment

- sauce pan
- pot
- slow cooker

Directions

- Melt butter in medium saucepan on medium heat.
- Add garlic; cook 2 min., stirring frequently. Stir in wine; bring just to a simmer.
- Toss shredded cheese with cornstarch.
- Add, 1/2 cup at a time, to wine mixture; cook 1 min. after each addition or until cheese is completely melted, stirring constantly. Stir in cream cheese spread; cook and stir 2 min. or until melted.
- Add spinach; cook 2 min. or just until wilted, stirring constantly.
- Serve in a fondue pot or small slow cooker.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:2.6086956223716%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 76.14kcal (3.81%), Fat: 5.94g (9.14%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.18g (0.2%), Cholesterol: 17.31mg (5.77%), Sodium: 112.27mg (4.88%), Alcohol: 0.62g (100%), Alcohol %: 3.07% (100%), Protein: 3.72g (7.43%), Calcium: 112.03mg (11.2%), Vitamin K: 7.67µg (7.31%), Phosphorus: 71.81mg (7.18%), Vitamin A: 321.99IU (6.44%), Selenium: 4.37µg (6.24%), Vitamin B2: 0.07mg (4.18%), Zinc: 0.58mg (3.83%), Vitamin B12: 0.16µg (2.68%), Folate: 6.17µg (1.54%), Magnesium: 5.98mg (1.5%), Manganese: 0.03mg (1.44%), Vitamin B6: 0.02mg (1.07%), Vitamin E: 0.16mg (1.03%)