



## Havarti-Cheddar Fondue

READY IN



30 min.

SERVINGS



20

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 6 ounces havarti cheese shredded
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup chicken broth (from 32-ounce carton)
- ☐ 0.3 cup milk
- ☐ 0.5 cup sun-dried tomatoes drained sliced in oil
- ☐ 0.3 cup spring onion sliced
- ☐ 1 sticks bread if desired crisp
- ☐ 1 serving savory vegetable fresh

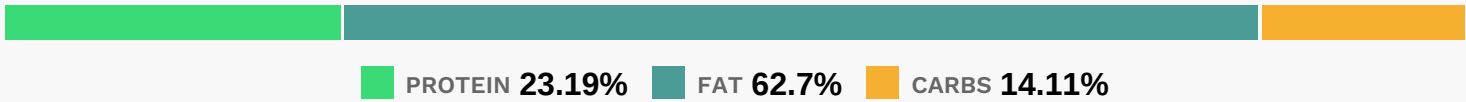
## Equipment

- ☐ whisk
- ☐ pot
- ☐ ziploc bags

## Directions

- ☐ In resealable food-storage plastic bag, mix cheeses and flour. Shake until cheese is coated with flour. In fondue pot, heat broth and milk just to a simmer over warm/simmer setting.
- ☐ Add cheese mixture, about 1 cup at a time, stirring with wire whisk until melted. Cook over warm/simmer setting, stirring constantly, until slightly thickened. Stir in tomatoes and onions.
- ☐ Keep warm over warm/simmer setting.
- ☐ Serve with breadsticks and vegetables.

## Nutrition Facts



## Properties

Glycemic Index:10.85, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:3.0221739074458%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 67.04kcal (3.35%), Fat: 4.77g (7.34%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.27g (0.3%), Cholesterol: 13.76mg (4.59%), Sodium: 134.51mg (5.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Calcium: 100.41mg (10.04%), Phosphorus: 83.3mg (8.33%), Vitamin A: 409.84IU (8.2%), Vitamin B2: 0.08mg (4.78%), Vitamin C: 3.55mg (4.3%), Zinc: 0.62mg (4.15%), Selenium: 2.81µg (4.01%), Vitamin B12: 0.2µg (3.34%), Folate: 10.44µg (2.61%), Vitamin K: 2.74µg (2.61%), Potassium: 74.33mg (2.12%), Manganese: 0.04mg (2.04%), Magnesium: 8.14mg (2.03%), Vitamin B1: 0.03mg (1.8%), Fiber: 0.4g (1.61%), Copper: 0.03mg (1.48%), Vitamin B6: 0.03mg (1.42%), Vitamin B3: 0.24mg (1.18%), Iron: 0.2mg (1.1%)