



Parmesan Fondue

READY IN



10 min.

SERVINGS



14

CALORIES



152 kcal

SIDE DISH

Ingredients

- 1 small loaf bread french cut into cubes
- 0.5 teaspoon garlic salt
- 1 cup milk
- 8 ounce neufchâtel cheese
- 0.8 cup parmesan cheese grated

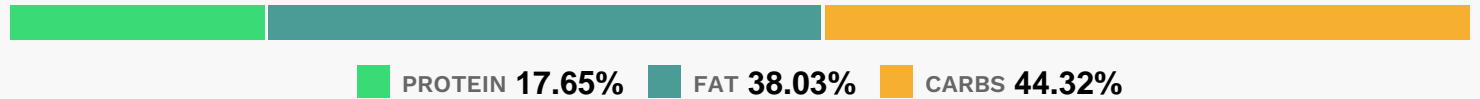
Equipment

- sauce pan

Directions

- Stir Neufchatel cream cheese in milk in a saucepan over medium–low heat until melted, 2 to 3 minutes.
- Add Parmesan cheese and garlic salt. Cook and stir until the Parmesan melts, 2 to 3 minutes more.
- Serve with bread cubes.

Nutrition Facts



Properties

Glycemic Index:10.39, Glycemic Load:11.9, Inflammation Score:-3, Nutrition Score:5.4469565800999%

Nutrients (% of daily need)

Calories: 151.71kcal (7.59%), Fat: 6.44g (9.91%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 16.26g (5.91%), Sugar: 2.68g (2.98%), Cholesterol: 18.74mg (6.25%), Sodium: 409.53mg (17.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Selenium: 10.86µg (15.52%), Vitamin B1: 0.22mg (14.51%), Vitamin B2: 0.19mg (11.16%), Phosphorus: 103.92mg (10.39%), Calcium: 102.66mg (10.27%), Folate: 37.73µg (9.43%), Manganese: 0.16mg (7.85%), Vitamin B3: 1.43mg (7.17%), Iron: 1.16mg (6.46%), Zinc: 0.73mg (4.89%), Vitamin A: 210.81IU (4.22%), Magnesium: 14.73mg (3.68%), Vitamin B12: 0.22µg (3.58%), Vitamin B5: 0.27mg (2.71%), Potassium: 94.07mg (2.69%), Vitamin B6: 0.05mg (2.61%), Copper: 0.05mg (2.51%), Fiber: 0.63g (2.51%), Vitamin D: 0.22µg (1.46%), Vitamin E: 0.16mg (1.07%)