



WHATSheATE



Pimiento Cheese Fondue



Vegetarian



Gluten Free

READY IN



129 min.

SERVINGS



9

CALORIES



391 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup heavy whipping cream
- ☐ 7 oz pimientos diced drained well
- ☐ 16 oz cheddar cheese shredded extra-sharp

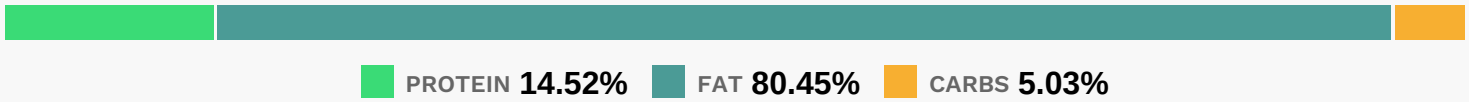
Equipment

- ☐ slow cooker

Directions

- ☐ Combine first 3 ingredients in a 3- or 4-qt. slow cooker. Cover and cook on LOW 1 hour. Stir to combine. Cover and cook on LOW 30 more minutes.
- ☐ Add pimienta, green onions, and red pepper. Stir to blend. Cover and cook on LOW 30 more minutes or until thoroughly heated.
- ☐ Serve fondue with raw vegetables, tortilla chips, or French bread chunks.

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:11.417391320933%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 390.98kcal (19.55%), Fat: 35.45g (54.53%), Saturated Fat: 20.86g (130.4%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.69g (2.99%), Cholesterol: 105.73mg (35.24%), Sodium: 420.09mg (18.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.8%), Calcium: 401.84mg (40.18%), Vitamin A: 1868.39IU (37.37%), Vitamin C: 23.65mg (28.67%), Phosphorus: 278.95mg (27.9%), Selenium: 17.29µg (24.7%), Vitamin B2: 0.35mg (20.52%), Zinc: 2.1mg (14.01%), Vitamin B12: 0.63µg (10.53%), Vitamin K: 10.63µg (10.12%), Vitamin E: 1.06mg (7.03%), Vitamin B6: 0.12mg (5.96%), Magnesium: 19.91mg (4.98%), Vitamin D: 0.73µg (4.84%), Folate: 17.29µg (4.32%), Vitamin B5: 0.42mg (4.24%), Potassium: 148.53mg (4.24%), Iron: 0.63mg (3.52%), Fiber: 0.59g (2.38%), Vitamin B1: 0.03mg (2.14%), Copper: 0.04mg (1.99%), Manganese: 0.03mg (1.7%), Vitamin B3: 0.25mg (1.26%)