



Quick Cheese Fondue

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup milk cheddar cheese shredded 2% kraft
- 2 tsp cornstarch
- 2 tsp mustard dry
- 1 cup cooking wine dry white
- 16 oz milk velveeta 2% cut into 1/2-inch cubes

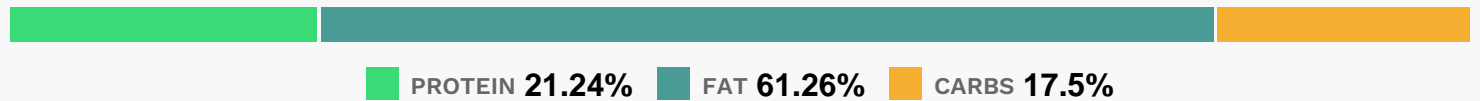
Equipment

- sauce pan
- whisk

Directions

- Combine cornstarch and mustard in medium saucepan.
- Add wine; whisk until completely dissolved.
- Add VELVEETA; cook on medium heat 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring frequently.
- Add cheddar; cook and stir 2 to 3 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:2.1773913335865%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 64.37kcal (3.22%), Fat: 3.63g (5.58%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.3g (0.83%), Sugar: 1.65g (1.83%), Cholesterol: 11.16mg (3.72%), Sodium: 61.62mg (2.68%), Alcohol: 1.65g (100%), Alcohol %: 3.85% (100%), Protein: 2.83g (5.66%), Calcium: 92.61mg (9.26%), Phosphorus: 70.17mg (7.02%), Selenium: 3.28µg (4.69%), Vitamin B2: 0.08mg (4.59%), Vitamin B12: 0.24µg (4.05%), Zinc: 0.44mg (2.91%), Vitamin D: 0.38µg (2.52%), Vitamin A: 124.55IU (2.49%), Magnesium: 8.26mg (2.06%), Potassium: 64.5mg (1.84%), Vitamin B6: 0.03mg (1.64%), Vitamin B5: 0.15mg (1.53%), Vitamin B1: 0.02mg (1.47%), Manganese: 0.03mg (1.37%)