



Southwest Fondue

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound american deli cheese white
- 1 cubes dippers: bread corn chips assorted toasted thin
- 0.3 cup cilantro leaves fresh chopped
- 1.3 cups milk
- 16 oz pepper jack pasteurized cheese product cubed prepared
- 2 to 3 plum tomatoes diced seeded

Equipment

- bowl

microwave

Directions

Combine first 3 ingredients in a large microwave-safe bowl. Microwave at HIGH 8 minutes or until cheese is melted, stirring every 2 minutes. Stir in tomatoes and cilantro.

Serve with desired dippers.

Note: For testing purposes only, we used Velveeta Pepper Jack for pasteurized prepared cheese product.

Southwest Fondue With Chorizo: Prepare recipe as directed. Stir in 9 oz. finely chopped, fully cooked chorizo. Makes 7 cups. Prep: 20 min.

Nutrition Facts

 **PROTEIN 22.72%**  **FAT 72.88%**  **CARBS 4.4%**

Properties

Glycemic Index:8.1, Glycemic Load:0.6, Inflammation Score:-3, Nutrition Score:6.3043479206769%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 179.21kcal (8.96%), Fat: 14.59g (22.44%), Saturated Fat: 8.71g (54.46%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.53g (1.7%), Cholesterol: 44.72mg (14.91%), Sodium: 521.55mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Calcium: 425.77mg (42.58%), Phosphorus: 263.26mg (26.33%), Selenium: 8.17µg (11.67%), Vitamin B12: 0.61µg (10.18%), Vitamin B2: 0.16mg (9.66%), Vitamin A: 478.66IU (9.57%), Zinc: 1.32mg (8.8%), Magnesium: 14.59mg (3.65%), Vitamin D: 0.44µg (2.93%), Potassium: 86.99mg (2.49%), Vitamin B6: 0.04mg (2.24%), Vitamin K: 2.31µg (2.2%), Vitamin B5: 0.2mg (2.03%), Vitamin E: 0.29mg (1.91%), Iron: 0.33mg (1.82%), Folate: 6.98µg (1.74%), Vitamin B1: 0.02mg (1.19%), Vitamin C: 0.9mg (1.1%), Copper: 0.02mg (1.1%), Manganese: 0.02mg (1.02%)