



## Three Cheese Fondue

READY IN



30 min.

SERVINGS



12

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup havarti cheese shredded
- 1 cup sharp cheddar cheese shredded
- 1 cup processed cheese food shredded
- 3 tablespoons flour all-purpose
- 1 cup wine dry white
- 0.3 teaspoon garlic powder
- 6 cups bread french

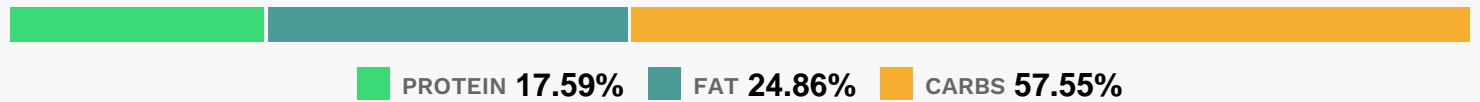
## Equipment

- bowl
- sauce pan
- pot
- skewers

## Directions

- In medium bowl, toss cheeses and flour to mix.
- Place wine in 2-quart saucepan; cook over medium heat until very hot. DO NOT BOIL.
- Add cheese mixture 1/2 cup at a time, stirring until melted. Cook until very warm. Stir in garlic powder.
- Pour into fondue pot. Keep warm over medium-low heat.
- To serve, skewer bread cubes with fondue forks to dip into warm cheese.

## Nutrition Facts



## Properties

Glycemic Index:19.13, Glycemic Load:48.62, Inflammation Score:-7, Nutrition Score:18.52217400317%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 459.03kcal (22.95%), Fat: 12.32g (18.95%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 64.17g (21.39%), Net Carbohydrates: 61.51g (22.37%), Sugar: 5.96g (6.62%), Cholesterol: 29.37mg (9.79%), Sodium: 1040.84mg (45.25%), Alcohol: 2.06g (100%), Alcohol %: 1.53% (100%), Protein: 19.61g (39.22%), Vitamin B1: 0.87mg (57.67%), Selenium: 40.32µg (57.61%), Folate: 157.72µg (39.43%), Vitamin B2: 0.62mg (36.32%), Manganese: 0.67mg (33.4%), Calcium: 309.3mg (30.93%), Phosphorus: 297.91mg (29.79%), Vitamin B3: 5.86mg (29.29%), Iron: 4.87mg (27.07%), Zinc: 2.28mg (15.21%), Magnesium: 48.42mg (12.11%), Fiber: 2.66g (10.63%), Copper: 0.2mg (10.01%), Vitamin B6: 0.16mg (7.99%), Vitamin B12: 0.4µg (6.75%), Vitamin A: 279.28IU (5.59%), Vitamin B5: 0.53mg (5.31%), Potassium: 184.33mg (5.27%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.44µg (1.37%), Vitamin D: 0.15µg (1.01%)