



## Aged Cheddar Fondue with Grilled Tomatoes, Bacon and Onions

READY IN



30 min.

SERVINGS



8

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces bacon cubed
- 2 tablespoons butter
- 4 ounces aged cheddar
- 1 pint cherry tomatoes
- 8 ounces ciabatta bread cubed
- 6 teaspoons cornstarch
- 1 cup cooking wine dry white
- 2 cloves garlic minced

- 10 ounces gruyere cheese
- 1 pinch nutmeg
- 8 servings lots of pepper black freshly ground
- 8 servings salt
- 2 tablespoons sherry wine
- 1 large vidalia onion cubed

## Equipment

- sauce pan
- whisk
- grill
- skewers
- metal skewers
- wooden skewers

## Directions

- Watch how to make this recipe.
- Special equipment: metal skewers (or wood skewers soaked in water for 30 minutes)
- Heat a grill on medium-high heat.
- Toss the cherry tomatoes, slab bacon, onions and bread cubes separately with a bit of oil, salt and pepper, and thread them on their own skewers so that they can cook at their own rate. You will have multiple skewers of each.
- Grill the skewers over medium-high heat until lightly charred; keep warm while you make the fondue.
- Shred the Cheddar and toss with 2 teaspoons of the cornstarch. Separately, shred the Gruyere and toss with the remaining 4 teaspoons cornstarch.
- In a medium heatproof saucepan, heat the butter over medium heat. (You can easily cook this over a campfire or on a camp grill as well.) When the butter melts, add the garlic and let it sizzle for 30 seconds.
- Add the white wine and bring to a simmer.

- Add the Gruyere and whisk until smooth.
- Add the Cheddar and whisk until smooth and no lumps of cheese remain.
- Heat until the cheese bubbles slightly at the edges.
- Remove from the heat and stir in the sherry, lots of black pepper and the nutmeg.
- Serve with the skewers of tomatoes, onions, bacon and bread for dipping.

## Nutrition Facts

■ PROTEIN **18.6%**
■ FAT **61.57%**
■ CARBS **19.83%**

### Properties

Glycemic Index:29.88, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:12.097391325495%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg,  
 Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin:  
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 Hesperetin: 0.14mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin:  
 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg,  
 Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin:  
 0.49mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

### Nutrients (% of daily need)

Calories: 471.72kcal (23.59%), Fat: 30.71g (47.24%), Saturated Fat: 15.14g (94.65%), Carbohydrates: 22.25g (7.42%),  
 Net Carbohydrates: 21.07g (7.66%), Sugar: 4.09g (4.55%), Cholesterol: 79.39mg (26.46%), Sodium: 900.41mg  
 (39.15%), Alcohol: 3.48g (100%), Alcohol %: 1.78% (100%), Protein: 20.87g (41.73%), Calcium: 480.38mg (48.04%),  
 Phosphorus: 356.55mg (35.66%), Selenium: 15.58µg (22.25%), Vitamin C: 15.71mg (19.04%), Vitamin A: 866.31IU  
 (17.33%), Zinc: 2.43mg (16.21%), Vitamin B12: 0.86µg (14.42%), Vitamin B2: 0.21mg (12.53%), Vitamin B6: 0.24mg  
 (12.06%), Vitamin B1: 0.15mg (9.72%), Manganese: 0.17mg (8.69%), Potassium: 303.59mg (8.67%), Magnesium:  
 33.12mg (8.28%), Vitamin B3: 1.6mg (8%), Folate: 24.3µg (6.08%), Vitamin B5: 0.56mg (5.57%), Copper: 0.1mg  
 (5.13%), Vitamin E: 0.75mg (5%), Fiber: 1.18g (4.72%), Iron: 0.84mg (4.64%), Vitamin K: 3.63µg (3.46%), Vitamin D:  
 0.41µg (2.74%)