



Apple-Scented Fondue

READY IN



25 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings apples with lemon juice, for dipping crisp sliced
- 6 servings baguette cubed for dipping
- 6 servings pepper black freshly ground
- 0.3 cup calvados
- 2 tablespoons cornstarch
- 1.5 cups white wine dry crisp (recommended: sauvignon blanc)
- 0.5 pound gruyère cheese diced shredded
- 6 servings nutmeg freshly grated
- 0.5 pound sharp new york state cheddar cheese diced white

Equipment

- pot
- wooden spoon

Directions

- Watch how to make this recipe.
- In a saucepot over medium-high, heat the wine and calvados to a boil. Reduce the heat to medium. Toss the cheeses with cornstarch, and then stir them into the wine in small batches with a wooden spoon. Season the fondue with nutmeg and a little pepper, to taste. Thicken the fondue, but stir often to keep it smooth, making sure it never boils. Adjust the flame under your fondue pot once it is transferred to the table to keep the fondue at a low, occasional bubble.
- Serve with bread and fruit.

Nutrition Facts

PROTEIN 23.76% **FAT 67.73%** **CARBS 8.51%**

Properties

Glycemic Index:37.42, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:10.826086925424%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 408.15kcal (20.41%), Fat: 25.85g (39.77%), Saturated Fat: 14.93g (93.33%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.77g (2.46%), Sugar: 1.26g (1.39%), Cholesterol: 79.38mg (26.46%), Sodium: 523.95mg (22.78%), Alcohol: 9.53g (100%), Alcohol %: 7.31% (100%), Protein: 20.41g (40.81%), Calcium: 654.61mg (65.46%), Phosphorus: 409.22mg (40.92%), Selenium: 16.59µg (23.7%), Zinc: 2.93mg (19.53%), Vitamin B12: 1.01µg (16.76%), Vitamin B2: 0.28mg (16.49%), Vitamin A: 740.57IU (14.81%), Magnesium: 28.94mg (7.24%), Vitamin C: 5.86mg (7.11%), Manganese: 0.09mg (4.56%), Folate: 17.48µg (4.37%), Vitamin B5: 0.39mg (3.93%), Vitamin B1: 0.05mg (3.46%), Vitamin B6: 0.07mg (3.41%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.41mg (2.77%), Copper: 0.05mg (2.69%), Potassium: 84.95mg (2.43%), Fiber: 0.53g (2.13%), Vitamin K: 2.1µg (2%), Iron: 0.26mg (1.46%)