



Avocado-Bacon Relish and Cheddar Fondue

READY IN



45 min.

SERVINGS



36

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado
- 4 pieces bacon cut into small dice
- 1 cup cheddar grated
- 0.5 cup crème fraîche
- 2 eggs
- 1 cup flour all-purpose
- 1 teaspoon parsley fresh chopped
- 2 tablespoons grapeseed oil
- 36 servings grapeseed oil for cooking

- 0.3 cup heavy cream
- 1 tablespoon hot sauce
- 1 teaspoon juice of lemon fresh
- 1 tablespoon juice of lime fresh
- 9 servings twists pepper white freshly ground
- 1 teaspoon rice wine vinegar
- 1 pinch salt
- 1 shallots thinly sliced
- 1 tablespoon cup heavy whipping cream sour
- 1 pinch sugar
- 1 teaspoon pepper white freshly ground
- 6 yukon gold potatoes peeled cut into 1-inch chunks

Equipment

- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- slotted spoon

Directions

- Watch how to make this recipe.
- For the fondue: In a saucepan over medium-high heat, bring the heavy cream to a boil. Reduce the heat to low and stir in the cheese, parsley, and pepper until the cheese blends in.
- Remove from the heat, stir until smooth. Cover and keep warm.
- For the relish: Split the avocado in half, remove the pit, and spoon the flesh from the skin. Dice into 1/4-inch cubes, toss with the lemon juice, and set aside.

- In small saute pan over high heat, bring the oil to a shimmer, and then add the bacon and shallots, cooking until the shallots are translucent and the bacon is crisp, about 6 minutes.
- Using a slotted spoon, transfer the bacon and shallots from the pan into a bowl. Stir in the vinegar, salt, and sugar, mixing well.
- Drain excess liquid before serving
- For the creme fraiche: In a bowl, add the creme fraiche, heavy cream, white pepper, hot sauce, and lime juice.
- Whisk well to blend. Set aside.
- Place the Sour Cream Potato Cakes (or crostini) on a platter, top with a smear of fondue, a bit of the bacon relish, and a drizzle of creme fraiche.
- In the bowl of a food processor, add the potatoes, eggs, sour cream, flour, and salt.
- Pulse until the mixture is just blended and you don't have chunks. It should look like cooked oatmeal. Do not over-mix or the potatoes will get gummy!
- Heat a good swirl of oil in a nonstick pan or griddle over medium heat.
- Drop a heaping tablespoon of batter into the pan to make bite-sized cakes. Cook the cakes until golden brown and cooked through, about 2 minutes on each side.
- Drain on paper towels. Season with salt.

Nutrition Facts

■ PROTEIN **4.75%** ■ FAT **78.87%** ■ CARBS **16.38%**

Properties

Glycemic Index:14.33, Glycemic Load:5.65, Inflammation Score:-2, Nutrition Score:4.7317391711733%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 215.58kcal (10.78%), Fat: 19.22g (29.57%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 7.73g (2.81%), Sugar: 0.55g (0.61%), Cholesterol: 17.79mg (5.93%), Sodium: 54.63mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Vitamin E: 4.47mg (29.78%), Vitamin C: 6.81mg (8.25%), Vitamin B6: 0.12mg (5.9%), Selenium: 3.62µg (5.17%), Manganese: 0.1mg (5.15%), Phosphorus: 50.69mg (5.07%), Fiber: 1.26g (5.05%), Potassium: 170.58mg (4.87%), Folate: 17.88µg (4.47%), Vitamin B1: 0.06mg (4.28%), Vitamin B2: 0.07mg (4.16%), Vitamin B3: 0.71mg (3.56%), Calcium: 34.77mg (3.48%), Iron: 0.57mg (3.14%), Magnesium: 11.51mg (2.88%), Copper: 0.06mg (2.84%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.34mg (2.29%), Vitamin A: 101.61IU (2.03%), Vitamin K: 1.97µg (1.88%), Vitamin B12: 0.08µg (1.29%)