



Beef Fondue with Sauces

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound frangelico cut into 3/4-inch cubes
- 3 cups canola oil
- 2 tablespoons curry powder
- 0.3 cup dijon mustard
- 1 garlic clove minced
- 1 tablespoon horseradish prepared
- 0.3 cup mayonnaise
- 2 tablespoons milk 2%

- 0.3 cup onion finely chopped
- 0.3 teaspoon hot sauce hot
- 2 teaspoons water

Equipment

- bowl
- paper towels
- pot

Directions

- In three separate bowls, combine the curry sauce, mustard sauce and onion-horseradish sauce ingredients. Pat meat dry with paper towels.
- Heat oil in a fondue pot to 375°. Use fondue forks to cook meat in oil until it reaches desired doneness.
- Serve with sauces.

Nutrition Facts

■ PROTEIN **1.51%** ■ FAT **94.21%** ■ CARBS **4.28%**

Properties

Glycemic Index:44.75, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:7.4060871290124%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 422.16kcal (21.11%), Fat: 45.2g (69.54%), Saturated Fat: 4.32g (27%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.5g (1.66%), Cholesterol: 6.48mg (2.16%), Sodium: 288.18mg (12.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Vitamin K: 50.13µg (47.74%), Vitamin E: 7.06mg (47.06%), Manganese: 0.23mg (11.29%), Selenium: 6.58µg (9.39%), Fiber: 1.98g (7.9%), Iron: 1.22mg (6.76%), Magnesium: 18.29mg (4.57%), Phosphorus: 42.35mg (4.24%), Calcium: 40.12mg (4.01%), Vitamin B6: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.19%), Potassium: 110.13mg (3.15%), Vitamin C: 2.51mg (3.05%), Folate: 10.86µg

(2.71%), Copper: 0.05mg (2.39%), Vitamin B2: 0.04mg (2.35%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.12mg (1.18%),
Vitamin A: 58.13IU (1.16%), Vitamin B3: 0.23mg (1.15%)