



Best Formula Three-Cheese Fondue

 Popular

READY IN



30 min.

SERVINGS



24

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 7 ounces emmentaler cheese cubed
- ☐ 1 tablespoon flour all-purpose
- ☐ 7 ounces gruyère cheese cubed
- ☐ 7 ounces sharp cheddar cheese cubed
- ☐ 1 cup white wine

Equipment

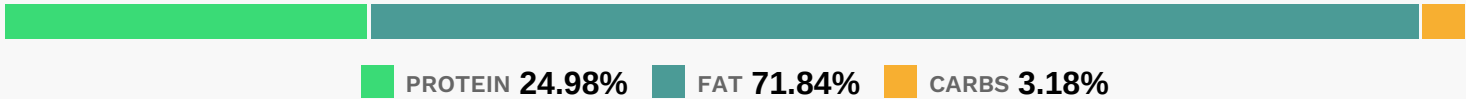
- ☐ sauce pan

- ☐ whisk
- ☐ pot

Directions

- ☐ Bring the wine to a boil in a small saucepan.
- ☐ Meanwhile, melt the butter in a medium saucepan over medium low heat.
- ☐ Whisk in the flour, and cook for about 5 minutes, stirring constantly to avoid sticking and burning.
- ☐ Once the flour is cooked, stir the wine into the flour mixture slowly. Use a whisk to smooth the mixture. Slowly add cubes of Gruyere, Cheddar, and Emmentaler cheese; stir until cheese is melted.
- ☐ Transfer cheese mixture to fondue pot. Keep warm over low flame.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:3.4882608657784%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 113.9kcal (5.7%), Fat: 8.52g (13.11%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.15g (0.17%), Cholesterol: 26.31mg (8.77%), Sodium: 132.67mg (5.77%), Alcohol: 1.03g (100%), Alcohol %: 3.66% (100%), Protein: 6.67g (13.33%), Calcium: 216.65mg (21.66%), Phosphorus: 137.63mg (13.76%), Selenium: 6.15µg (8.79%), Vitamin B12: 0.47µg (7.84%), Zinc: 1mg (6.68%), Vitamin B2: 0.09mg (5.17%), Vitamin A: 244.44IU (4.89%), Magnesium: 9.02mg (2.25%), Vitamin B5: 0.12mg (1.23%), Vitamin B6: 0.02mg (1.17%)