



Blue Cheese Fondue with Cherry Tomatoes and Roasted Cipollini Onions

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 0.5 pound cheese blue crumbled (recommended: Pt. Reyes)
- 1 pint cherry tomatoes
- 1 pound cipollini onions
- 1.5 teaspoon thyme sprigs fresh chopped
- 1 teaspoon garlic minced
- 2 cups cup heavy whipping cream

- 2 tablespoons olive oil extra virgin extra-virgin
- 4 servings pepper black freshly ground
- 1 tablespoon butter unsalted

Equipment

- frying pan
- sauce pan
- oven
- knife
- pot
- skewers
- wooden skewers

Directions

- Special equipment: Wooden skewers
- Preheat oven to 425 degrees F.
- Using a small paring knife peel and halve the cipollini.
- Heat the olive oil in a large saute pan over high heat until hot but not smoking.
- Add the onions and season with salt and pepper. Caramelize the onions over high heat for about 5 minutes, transfer pan to the oven and continue to cook for about 8 to 10 minutes until the onions are nicely caramelized and fully cooked throughout, remove from pan to a plate and let cool slightly. Arrange the cherry tomatoes and onions on a platter with skewers for dipping.
- In a small saucepan, over medium-low heat, melt the butter and cook until it is just beginning to brown. Immediately add the thyme and garlic. Cook for 2 minutes, stirring to prevent the garlic from browning.
- Add the cream, raise the heat to medium, bring to a slow simmer and reduce the cream by 1/3, about 2 minutes.
- Add the cheese and stir until the cheese melts and the mixture is smooth, season, to taste, with pepper.
- Pour the sauce into a fondue pot and set over a candle to keep hot.

Place the platter of veggies and skewers alongside and serve immediately.

Nutrition Facts

PROTEIN 9.26% **FAT 80.15%** **CARBS 10.59%**

Properties

Glycemic Index:48.25, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:19.585217372231%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 23.86mg, Quercetin: 23.86mg, Quercetin: 23.86mg, Quercetin: 23.86mg

Nutrients (% of daily need)

Calories: 760.75kcal (38.04%), Fat: 69.34g (106.67%), Saturated Fat: 40.81g (255.06%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 17.68g (6.43%), Sugar: 11.52g (12.8%), Cholesterol: 184.52mg (61.51%), Sodium: 702.48mg (30.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.05%), Vitamin A: 2886.9IU (57.74%), Vitamin C: 37.51mg (45.47%), Calcium: 423.2mg (42.32%), Phosphorus: 357.55mg (35.76%), Vitamin B2: 0.5mg (29.58%), Vitamin E: 3.01mg (20.09%), Potassium: 692.78mg (19.79%), Vitamin B6: 0.38mg (18.89%), Selenium: 13.1µg (18.72%), Manganese: 0.33mg (16.39%), Vitamin B5: 1.59mg (15.9%), Folate: 62.59µg (15.65%), Vitamin D: 2.24µg (14.93%), Vitamin B12: 0.89µg (14.8%), Zinc: 2.18mg (14.53%), Vitamin K: 13.73µg (13.08%), Fiber: 2.93g (11.71%), Magnesium: 45.16mg (11.29%), Vitamin B1: 0.14mg (9.15%), Copper: 0.18mg (8.92%), Iron: 1.54mg (8.56%), Vitamin B3: 1.44mg (7.19%)