



Bonaparte Fondue

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider light
- 3 tablespoons butter
- 500 gram cheese chilled
- 2 tablespoons cornstarch
- 0.7 ounce shiitake mushrooms dried
- 2 teaspoons garlic minced
- 2 shallots finely chopped
- 1 cup water boiling

Equipment

- bowl
- sauce pan
- pot
- wooden spoon

Directions

- In a bowl, pour the boiling water over the dried mushrooms, cover and let sit for 30 minutes.
- Drain, reserving the soaking liquid. Chop the rehydrated mushrooms, return to the soaking liquid and set aside.
- In a saucepan, melt the butter and sweat the shallots for 5 minutes.
- Add the chopped mushrooms and their liquid. Bring to a boil and reduce until the liquid is almost completely evaporated.
- Add the cider and bring to a boil.
- In a bowl, toss the Bonaparte cheese with the corn starch.
- Add one third of the cheese to the saucepan and stir gently with a wooden spoon. Repeat with the remaining cheese, one-third at a time.
- Heat the mixture to just below boiling. It should be nice and smooth but not too thick.
- Remove from heat and stir in the minced garlic.
- Add a little sugar, if desired, to neutralize any bitterness.
- Serve in a fondue pot with the bread and vegetables for dipping.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:4.14, Inflammation Score:-8, Nutrition Score:19.39086959673%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 652.89kcal (32.64%), Fat: 51.16g (78.71%), Saturated Fat: 29.42g (183.9%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 18.4g (6.69%), Sugar: 7.2g (8%), Cholesterol: 147.57mg (49.19%), Sodium: 893.06mg (38.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.29%), Calcium: 900.7mg (90.07%), Phosphorus: 603.36mg (60.34%), Selenium: 38.19µg (54.56%), Vitamin B2: 0.63mg (37%), Zinc: 5.05mg (33.64%), Vitamin A: 1516.12IU (30.32%), Vitamin B12: 1.34µg (22.38%), Vitamin B5: 1.64mg (16.36%), Copper: 0.32mg (15.97%), Magnesium: 46.86mg (11.71%), Vitamin B6: 0.2mg (10.23%), Folate: 38.56µg (9.64%), Manganese: 0.18mg (8.77%), Potassium: 278.73mg (7.96%), Vitamin E: 1.19mg (7.95%), Vitamin D: 0.93µg (6.23%), Vitamin B1: 0.07mg (4.92%), Fiber: 1.13g (4.52%), Vitamin B3: 0.81mg (4.07%), Vitamin K: 3.86µg (3.68%), Iron: 0.55mg (3.05%), Vitamin C: 2.16mg (2.62%)