



Cafe Select Truffle Fondue

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings asparagus shaved
- ☐ 1 tablespoon cherry brandy such as kirsch
- ☐ 1 teaspoon cornstarch
- ☐ 1 cup emmenthaler grated
- ☐ 1 garlic clove crushed
- ☐ 1 cup gruyere cheese grated
- ☐ 6 servings truffle oil
- ☐ 1 cup white wine

- ☐ 1 cup appenzeller grated
- ☐ 1 cup appenzeller grated

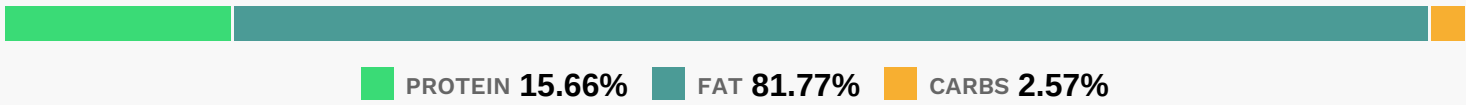
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the wine and garlic in a pan and set over medium heat.
- ☐ Add the gruyere, appenzeller and Emmenthaler cheeses and combine.
- ☐ In a separate bowl, mix together the cornstarch, cherry brandy and a little bit of water to make a "slurry" mixture.
- ☐ As the cheese starts to melt and bubble, add the slurry and stir together until piping hot and smooth.
- ☐ Top with shaved asparagus and truffle oil.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:7.0473912934894%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 326.15kcal (16.31%), Fat: 26.69g (41.06%), Saturated Fat: 9.37g (58.54%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.49g (0.54%), Cholesterol: 40.94mg (13.65%), Sodium: 192.82mg (8.38%), Alcohol: 4.95g (100%), Alcohol %: 6.39% (100%), Protein: 11.5g (23%), Calcium: 387.29mg (38.73%), Phosphorus: 245.05mg (24.5%), Vitamin B12: 0.9µg (14.93%), Vitamin E: 2.2mg (14.65%), Selenium: 8.75µg (12.5%), Zinc: 1.71mg (11.37%), Vitamin K: 9.86µg (9.39%), Vitamin A: 365.57IU (7.31%), Vitamin B2: 0.12mg (7.29%), Magnesium: 18.14mg (4.53%), Manganese: 0.06mg (3.1%), Vitamin B6: 0.06mg (2.88%), Vitamin B5: 0.22mg (2.25%), Potassium: 63.22mg (1.81%), Iron: 0.28mg (1.55%), Vitamin B1: 0.02mg (1.32%), Folate: 4.76µg (1.19%), Copper: 0.02mg (1.06%)