



Cheese Fondue

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



365 kcal

Ingredients

- 10 ounce alfredo sauce refrigerated
- 0.5 cup cooking wine dry white
- 0.1 teaspoon ground nutmeg
- 2 cups bag swiss cheese shredded

Equipment

- sauce pan
- pot
- stove

Directions

- Rub the garlic clove (if using) around the inside of a fondue pot or nonaluminum saucepan, then discard.
- Add the wine and heat to boiling. Reduce flame (or stovetop) to low and add the Alfredo sauce, Swiss cheese, and nutmeg. Stir constantly until the cheese is melted and very hot.
- Add the kirsch or brandy (if using).
- Serve with cubes of bread, sliced pears, and sliced apples.

Nutrition Facts

PROTEIN 19.93% **FAT 75.43%** **CARBS 4.64%**

Properties

Glycemic Index:28, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:8.1117391464827%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 364.72kcal (18.24%), Fat: 28.39g (43.67%), Saturated Fat: 15.66g (97.85%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.91g (1.42%), Sugar: 1.44g (1.6%), Cholesterol: 96.71mg (32.24%), Sodium: 577.75mg (25.12%), Alcohol: 3.09g (100%), Alcohol %: 2.53% (100%), Protein: 16.87g (33.75%), Calcium: 483.42mg (48.34%), Phosphorus: 315.49mg (31.55%), Vitamin B12: 1.63µg (27.18%), Selenium: 16.28µg (23.26%), Zinc: 2.4mg (15.98%), Vitamin B2: 0.17mg (9.89%), Vitamin A: 448.26IU (8.97%), Magnesium: 20.93mg (5.23%), Vitamin B6: 0.05mg (2.64%), Vitamin B5: 0.25mg (2.45%), Vitamin E: 0.32mg (2.16%), Manganese: 0.04mg (1.98%), Potassium: 59.86mg (1.71%), Copper: 0.03mg (1.36%), Folate: 5.21µg (1.3%)