



Cheese Fondue

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cherry brandy such as kirsch
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 cup cooking wine dry white
- ☐ 1 garlic clove peeled
- ☐ 0.5 pound gruyère cheese shredded
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pinch nutmeg

- ☐ 0.5 pound imported swiss cheese shredded
- ☐ 6 servings dippers assorted
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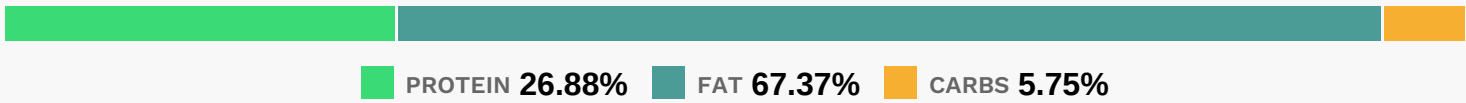
Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, coat the cheeses with cornstarch and set aside. Rub the inside of the ceramic fondue pot with the garlic, then discard.
- ☐ Over medium heat, add the wine and lemon juice and bring to a gentle simmer. Gradually stir the cheese into the simmering liquid. Melting the cheese gradually encourages a smooth fondue. Once smooth, stir in cherry brandy, mustard and nutmeg.
- ☐ Arrange an assortment of bite-sized dipping foods on a lazy Susan around fondue pot.
- ☐ Serve with chunks of French and pumpernickel breads. Some other suggestions are Granny Smith apples and blanched vegetables such as broccoli, cauliflower, carrots and asparagus. Spear with fondue forks or wooden skewers, dip, swirl and enjoy!

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:11.220434784889%

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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg

0.19mg, Naringenin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg,
Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 356.41kcal (17.82%), Fat: 24.06g (37.01%), Saturated Fat: 14.07g (87.95%), Carbohydrates: 4.62g (1.54%),
Net Carbohydrates: 4.52g (1.65%), Sugar: 0.65g (0.72%), Cholesterol: 76.73mg (25.58%), Sodium: 342.24mg
(14.88%), Alcohol: 4.95g (100%), Alcohol %: 5.06% (100%), Protein: 21.6g (43.2%), Calcium: 723.65mg (72.36%),
Phosphorus: 456mg (45.6%), Vitamin B12: 1.75µg (29.11%), Selenium: 17.4µg (24.85%), Zinc: 3.2mg (21.32%), Vitamin
A: 672.49IU (13.45%), Vitamin B2: 0.23mg (13.39%), Magnesium: 31.36mg (7.84%), Vitamin B6: 0.09mg (4.27%),
Vitamin B5: 0.4mg (4%), Manganese: 0.07mg (3.73%), Potassium: 92.38mg (2.64%), Vitamin E: 0.35mg (2.3%),
Vitamin B1: 0.03mg (2.17%), Folate: 8.49µg (2.12%), Copper: 0.04mg (1.9%), Vitamin K: 1.73µg (1.65%), Vitamin D:
0.23µg (1.51%), Iron: 0.27mg (1.48%), Vitamin C: 1.14mg (1.38%)