



Cheese Fondue

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings carrot batons
- ☐ 600 grams cheese grated chopped
- ☐ 4 servings chicory cut into spears or skinny wedges
- ☐ 2 teaspoons cornstarch
- ☐ 1 garlic clove peeled
- ☐ 4 servings cubes sourdough toasted
- ☐ 3 tablespoons kirsch liqueur
- ☐ 4 servings grating nutmeg good

- ☐ 4 servings grinding pepper good
- ☐ 4 servings radicchio thinly cut into spears or skinny wedges
- ☐ 4 servings radishes trimmed
- ☐ 300 ml white wine

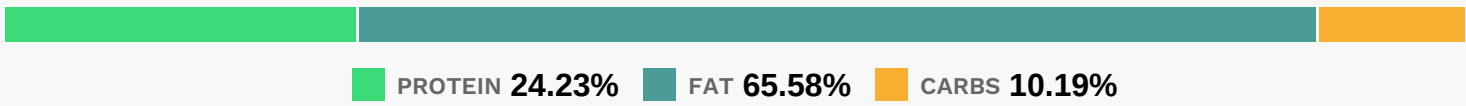
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ stove

Directions

- ☐ Whatever else you wish to dip
- ☐ Put the chopped or grated cheese into the fondue pot with the wine and heat until boiling on the stove, by which time the cheese should have melted.
- ☐ Turn the pot down to a simmer.
- ☐ Whisk together the cornstarch with the Kirsch in a small bowl, and add to the fondue pot along with the garlic clove.
- ☐ Season with the pepper and nutmeg and move the fondue pot onto a flame at the table.
- ☐ Serve with various vegetables to dip.

Nutrition Facts



Properties

Glycemic Index:78.21, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:25.03217388236%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Catechin: 0.59mg,

Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 591.04kcal (29.55%), Fat: 37.44g (57.59%), Saturated Fat: 23.51g (146.94%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 9.85g (3.58%), Sugar: 6.14g (6.82%), Cholesterol: 108.54mg (36.18%), Sodium: 1347.73mg (58.6%), Alcohol: 11.59g (100%), Alcohol %: 4.01% (100%), Protein: 31.13g (62.25%), Vitamin A: 11950.49IU (239.01%), Calcium: 630.68mg (63.07%), Phosphorus: 575.02mg (57.5%), Vitamin B2: 0.81mg (47.46%), Vitamin B12: 1.95µg (32.5%), Selenium: 22.42µg (32.03%), Folate: 124µg (31%), Zinc: 4.05mg (27%), Vitamin B6: 0.52mg (26.09%), Vitamin B5: 2.37mg (23.68%), Potassium: 692.21mg (19.78%), Manganese: 0.37mg (18.45%), Vitamin K: 17.54µg (16.71%), Vitamin C: 12.8mg (15.51%), Magnesium: 55.42mg (13.85%), Fiber: 3.23g (12.9%), Vitamin B3: 1.84mg (9.22%), Vitamin B1: 0.11mg (7.01%), Iron: 1.2mg (6.68%), Copper: 0.12mg (6.19%), Vitamin E: 0.77mg (5.11%), Vitamin D: 0.6µg (4%)