



Cheese Fondue

 Vegetarian

READY IN



40 min.

SERVINGS



5

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz swiss cheese shredded
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- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic cut in half
- ☐ 1 cup wine dry white
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons wine dry
- ☐ 1 lb bread french cut into 1-inch pieces

☐ 1 slices pears

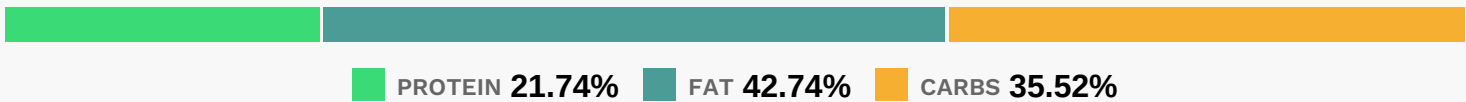
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ In resealable plastic food-storage bag, place cheeses and flour. Shake until cheese is coated with flour.
- ☐ Rub garlic on bottom and side of fondue pot, heavy saucepan or skillet; discard garlic.
- ☐ Add wine.
- ☐ Heat over simmer setting on fondue pot or over low heat just until bubbles rise to surface (do not boil). Stir in lemon juice.
- ☐ Gradually add cheese mixture, about 1/2 cup at a time, stirring constantly with wire whisk over low heat, until melted. Stir in kirsch.
- ☐ Keep warm over simmer setting. If prepared in saucepan or skillet, pour into a fondue pot or heatproof serving bowl and keep warm over low heat. Fondue must be served over heat to maintain its smooth, creamy texture.
- ☐ Spear bread and fruit with fondue forks; dip and swirl in fondue with stirring motion. If fondue becomes too thick, stir in 1/4 to 1/2 cup heated wine.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:39.83, Inflammation Score:-8, Nutrition Score:25.741739065751%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 678.45kcal (33.92%), Fat: 30.4g (46.76%), Saturated Fat: 17g (106.27%), Carbohydrates: 56.82g (18.94%), Net Carbohydrates: 53.86g (19.58%), Sugar: 7.56g (8.4%), Cholesterol: 84.37mg (28.12%), Sodium: 717.28mg (31.19%), Alcohol: 5.87g (100%), Alcohol %: 2.73% (100%), Protein: 34.79g (69.58%), Calcium: 863.93mg (86.39%), Selenium: 54.44µg (77.77%), Phosphorus: 634mg (63.4%), Vitamin B1: 0.69mg (45.72%), Vitamin B12: 2.74µg (45.66%), Vitamin B2: 0.69mg (40.82%), Zinc: 5.03mg (33.56%), Folate: 128.39µg (32.1%), Manganese: 0.59mg (29.54%), Vitamin B3: 4.72mg (23.59%), Iron: 4.02mg (22.34%), Magnesium: 67.62mg (16.9%), Vitamin A: 760.2IU (15.2%), Fiber: 2.97g (11.87%), Copper: 0.21mg (10.62%), Vitamin B6: 0.21mg (10.37%), Vitamin B5: 0.75mg (7.52%), Potassium: 252.21mg (7.21%), Vitamin E: 0.78mg (5.17%), Vitamin K: 3.38µg (3.22%), Vitamin C: 2.55mg (3.09%)