

Cheese Fondue

READY IN



30 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1.5 cups cooking wine dry white such as fendant)
- ☐ 2 cups emmental cheese grated
- ☐ 1 garlic clove halved
- ☐ 2 cups gruyere cheese grated
- ☐ 2 teaspoons kirsch liqueur
- ☐ 1 cubes long wooden skewers french

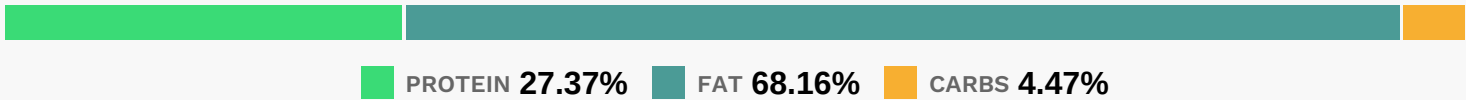
Equipment

☐ pot

Directions

- ☐ Rub inside of a 4-quart heavy pot with cut sides of garlic, then discard garlic.
- ☐ Add wine to pot and bring just to a simmer over moderate heat.
- ☐ Stir together cornstarch and kirsch in a cup.
- ☐ Gradually add cheese to pot and cook, stirring constantly in a zigzag pattern (not a circular motion) to prevent cheese from balling up, until cheese is just melted and creamy (do not let boil). Stir cornstarch mixture again and stir into fondue. Bring fondue to a simmer and cook, stirring, until thickened, 5 to 8 minutes.
- ☐ Transfer to fondue pot set over a flame and serve with bread for dipping.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:11.80173921002%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg 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: 382.69kcal (19.13%), Fat: 25.38g (39.04%), Saturated Fat: 14.87g (92.93%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.72g (1.35%), Sugar: 0.74g (0.83%), Cholesterol: 81.88mg (27.29%), Sodium: 383.99mg (16.7%), Alcohol: 6.74g (100%), Alcohol %: 5.94% (100%), Protein: 22.93g (45.86%), Calcium: 771.17mg (77.12%), Phosphorus: 484.96mg (48.5%), Vitamin B12: 1.79µg (29.85%), Selenium: 17.49µg (24.99%), Zinc: 3.37mg (22.47%), Vitamin A: 715.97IU (14.32%), Vitamin B2: 0.24mg (14.21%), Magnesium: 33.97mg (8.49%), Vitamin B6: 0.1mg (4.86%), Manganese: 0.09mg (4.52%), Vitamin B5: 0.43mg (4.32%), Potassium: 106.25mg (3.04%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.34mg (2.27%), Folate: 8.28µg (2.07%), Vitamin K: 1.94µg (1.85%), Copper: 0.04mg (1.82%), Vitamin D: 0.26µg (1.76%), Iron: 0.3mg (1.67%)