

Cheese Fondue

 **Gluten Free**

READY IN



30 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 1.5 cups cooking wine dry white
- 2 cups emmental cheese grated
- 1 garlic clove halved
- 2 cups gruyere cheese grated
- 2 teaspoons kirsch liqueur

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 (if using; otherwise, use water or wine) 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.
- Cubes of French bread
- Cubes of apple and pear
- Roasted potatoes
- Julienned raw red bell pepper
- Blanched broccoli florets
- Dry white wine such as dry Riesling or Sancerre
- German lager or Saison-style ale
- Farmhouse cider
- Fino Sherry

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:11.782173860332%

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

Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 382.08kcal (19.1%), Fat: 25.38g (39.04%), Saturated Fat: 14.87g (92.93%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.6g (1.31%), Sugar: 0.74g (0.82%), Cholesterol: 81.88mg (27.29%), Sodium: 383.98mg (16.69%), Alcohol: 6.74g (100%), Alcohol %: 5.95% (100%), Protein: 22.91g (45.82%), Calcium: 771.13mg (77.11%), Phosphorus: 484.64mg (48.46%), Vitamin B12: 1.79µg (29.85%), Selenium: 17.38µg (24.83%), Zinc: 3.37mg (22.46%), Vitamin A: 715.97IU (14.32%), Vitamin B2: 0.24mg (14.2%), Magnesium: 33.88mg (8.47%), Vitamin B6: 0.1mg (4.85%), Manganese: 0.09mg (4.44%), Vitamin B5: 0.43mg (4.32%), Potassium: 105.88mg (3.03%), Vitamin B1: 0.03mg (2.3%), Vitamin E: 0.34mg (2.26%), Folate: 8.26µg (2.06%), Vitamin K: 1.94µg (1.85%), Copper: 0.04mg (1.8%), Vitamin D: 0.26µg (1.76%), Iron: 0.3mg (1.66%)