



Cheese Fondue

 Popular

READY IN



45 min.

SERVINGS



5

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound bread french cut into 1 inch cubes
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 pound gruyère cheese shredded
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound swiss cheese shredded

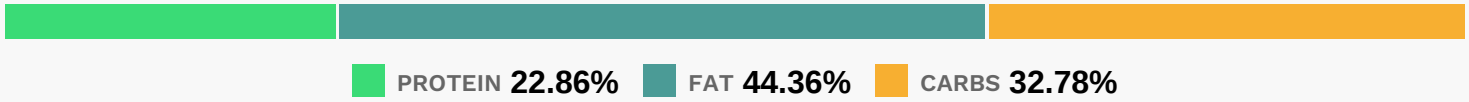
Equipment

☐ pot

Directions

- ☐ Simmer wine in fondue pot.
- ☐ Add Swiss cheese, Gruyere cheese, 1/4 pound at a time. Stir after each addition of cheese until melted. Stir in flour. When all the cheese has melted, stir in salt and nutmeg.
- ☐ Serve with cut-up French bread.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:38.33, Inflammation Score:-8, Nutrition Score:24.495217292205%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 663.15kcal (33.16%), Fat: 30.97g (47.65%), Saturated Fat: 17.34g (108.37%), Carbohydrates: 51.49g (17.16%), Net Carbohydrates: 49.39g (17.96%), Sugar: 4.85g (5.39%), Cholesterol: 92.08mg (30.69%), Sodium: 1072.65mg (46.64%), Alcohol: 4.94g (100%), Alcohol %: 2.69% (100%), Protein: 35.91g (71.82%), Calcium: 914.03mg (91.4%), Selenium: 47.24µg (67.49%), Phosphorus: 642.13mg (64.21%), Vitamin B1: 0.7mg (46.84%), Vitamin B2: 0.67mg (39.61%), Vitamin B12: 2.1µg (34.93%), Zinc: 4.78mg (31.84%), Folate: 126.25µg (31.56%), Manganese: 0.57mg (28.26%), Vitamin B3: 4.68mg (23.39%), Iron: 3.96mg (21.98%), Magnesium: 65.97mg (16.49%), Vitamin A: 806.59IU (16.13%), Vitamin B6: 0.19mg (9.55%), Copper: 0.18mg (9.05%), Fiber: 2.1g (8.39%), Vitamin B5: 0.79mg (7.87%), Potassium: 212.75mg (6.08%), Vitamin E: 0.59mg (3.94%), Vitamin K: 2.7µg (2.57%), Vitamin D: 0.27µg (1.81%)