



Cheese Fondue with a Twist

READY IN



35 min.

SERVINGS



4

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon cornstarch
- 4 ounces emmentaler cheese shredded
- 1 loaf bread french cubed
- 1 large clove garlic
- 2 ounces gouda cheese smoked shredded
- 0.5 teaspoon ground nutmeg
- 8 ounces gruyère cheese shredded
- 4 ounces jarlsberg cheese shredded

1 teaspoon juice of lemon

1 cup white wine

Equipment

whisk

pot

Directions

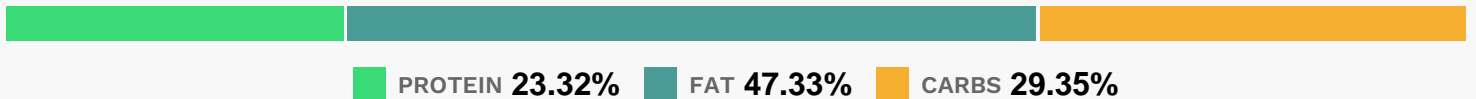
Heat a ceramic fondue pot over medium-low heat. Once the pot is warm, rub the inside of the pot with the garlic clove.

Pour the white wine and lemon juice into the pot. Mince the remainder of the garlic clove and add it to the pot. Stir in the Gruyere cheese, Emmentaler cheese, Jarlsberg cheese, and smoked Gouda cheese, a handful at a time, stirring constantly until all the cheeses are melted and the sauce is smooth.

Whisk together the cornstarch, nutmeg, and balsamic vinegar, and stir into the cheese sauce. Continue to heat while stirring, until thick and smooth. Keep fondue warm over low heat.

Serve with French bread.

Nutrition Facts



Properties

Glycemic Index:74.88, Glycemic Load:41.24, Inflammation Score:-8, Nutrition Score:26.514348014541%

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 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 835.82kcal (41.79%), Fat: 41.6g (64.01%), Saturated Fat: 24.03g (150.18%), Carbohydrates: 58.03g (19.34%), Net Carbohydrates: 55.74g (20.27%), Sugar: 7.02g (7.8%), Cholesterol: 125.14mg (41.71%), Sodium: 1362.82mg (59.25%), Alcohol: 6.18g (100%), Alcohol %: 2.61% (100%), Protein: 46.12g (92.24%), Calcium: 1188.1mg (118.81%), Phosphorus: 702.51mg (70.25%), Selenium: 47.64µg (68.05%), Vitamin B1: 0.76mg (50.47%), Vitamin B2: 0.73mg (42.86%), Zinc: 5.14mg (34.25%), Folate: 135.26µg (33.82%), Vitamin B12: 1.98µg (33.03%), Manganese: 0.64mg (31.91%), Vitamin B3: 4.98mg (24.9%), Iron: 4.33mg (24.04%), Vitamin A: 1055.5IU (21.11%), Magnesium: 73.62mg (18.4%), Vitamin B6: 0.22mg (11.22%), Copper: 0.2mg (9.95%), Fiber: 2.29g (9.16%), Vitamin B5: 0.86mg (8.56%), Potassium: 257mg (7.34%), Vitamin E: 0.58mg (3.84%), Vitamin K: 3.21µg (3.05%), Vitamin D: 0.41µg (2.74%)