



Cheese Fondue with Apples

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



89 kcal

SIDE DISH

Ingredients

- 0.3 cup cooking wine dry white
- 0.8 cup less-sodium chicken broth fat-free
- 0.3 cup flour all-purpose
- 1 garlic clove halved
- 0.1 teaspoon ground nutmeg
- 1 teaspoon kirsch liqueur (cherry brandy)
- 3 pink lady apples cored cut into 9 wedges
- 3 ounces swiss cheese shredded

Equipment

- frying pan
- sauce pan
- knife
- whisk
- pot
- measuring cup

Directions

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, cheese, and nutmeg, tossing well.
- Rub cut sides of garlic on inside of a medium, heavy saucepan.
- Add broth and wine to pan; bring to a simmer over medium heat.
- Add one-third cheese mixture to pan, stirring with a whisk until combined. Repeat procedure with remaining cheese mixture. Reduce heat to medium-low; cook 5 minutes or until smooth, stirring frequently.
- Remove cheese mixture from heat; stir in kirsch.
- Pour mixture into a fondue pot. Keep warm over low flame.
- Serve with apple wedges.

Nutrition Facts



PROTEIN 14.75% **FAT 32.29%** **CARBS 52.96%**

Properties

Glycemic Index:29.33, Glycemic Load:4.23, Inflammation Score:-2, Nutrition Score:3.0639130291731%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg

Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 89.47kcal (4.47%), Fat: 3.11g (4.79%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.92g (3.61%), Sugar: 6.42g (7.14%), Cholesterol: 8.79mg (2.93%), Sodium: 95.93mg (4.17%), Alcohol: 0.87g (100%), Alcohol %: 1.1% (100%), Protein: 3.2g (6.4%), Calcium: 90.28mg (9.03%), Phosphorus: 68.54mg (6.85%), Selenium: 4.49µg (6.42%), Fiber: 1.56g (6.25%), Vitamin B12: 0.32µg (5.39%), Vitamin B2: 0.07mg (3.94%), Vitamin C: 2.9mg (3.51%), Zinc: 0.48mg (3.19%), Manganese: 0.06mg (3.09%), Vitamin B1: 0.04mg (2.74%), Potassium: 87.19mg (2.49%), Folate: 9.31µg (2.33%), Vitamin A: 111.25IU (2.23%), Vitamin B6: 0.04mg (2.16%), Magnesium: 7.91mg (1.98%), Vitamin B3: 0.38mg (1.91%), Iron: 0.3mg (1.65%), Copper: 0.03mg (1.55%), Vitamin K: 1.51µg (1.44%), Vitamin B5: 0.12mg (1.2%), Vitamin E: 0.17mg (1.12%)