

Chinese Fondue



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings barbecue sauce chinese
- ☐ 1 pound beef tenderloin cut in half lengthwise and cut crosswise into 1/4-inch slices
- ☐ 1 cup broccoli florets
- ☐ 0.5 cup carrots diagonally sliced
- ☐ 1 cup cauliflower florets
- ☐ 6 servings rémoulade sauce
- ☐ 21 ounce low-salt chicken broth canned
- ☐ 0.5 cup mushrooms sliced

- ☐ 1 cup pieces napa cabbage chinese (2-inch) ()
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 cups water

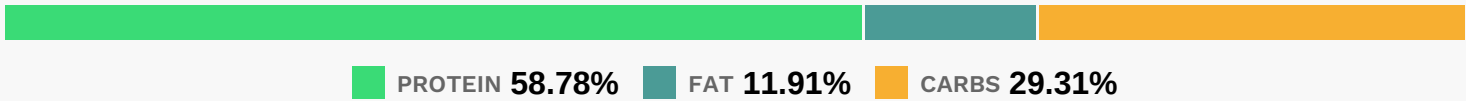
Equipment

- ☐ pot
- ☐ skewers

Directions

- ☐ Arrange broccoli and next 6 ingredients (broccoli through shrimp) on a serving platter. Bring water and chicken broth to a gentle boil in a fondue pot. Pierce shrimp with skewers, and cook in broth mixture until shrimp are done. Pierce vegetables and beef with skewers, and cook in broth mixture until beef and vegetables are desired degree of doneness.
- ☐ Serve with Chinese Barbecue Sauce and Rmoulade Sauce.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:8.8978261215531%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 68.43kcal (3.42%), Fat: 0.98g (1.5%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.14g (1.51%), Sugar: 2.11g (2.35%), Cholesterol: 60.86mg (20.29%), Sodium: 119.9mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.69%), Vitamin A: 1918.98IU (38.38%), Vitamin C: 25.79mg (31.25%), Vitamin K: 24.91µg (23.73%), Phosphorus: 142.49mg (14.25%), Copper: 0.26mg (13.02%), Potassium: 374.92mg (10.71%), Vitamin B3: 1.99mg (9.96%), Folate: 32.47µg (8.12%), Magnesium: 24.47mg (6.12%), Vitamin B2: 0.1mg (6.04%), Vitamin B6: 0.12mg (6.02%), Manganese: 0.11mg (5.72%), Calcium: 55.16mg (5.52%), Zinc: 0.82mg (5.46%), Fiber: 1.27g (5.07%), Iron: 0.7mg (3.91%), Vitamin B5: 0.36mg (3.62%), Vitamin B1: 0.04mg

(2.53%), Selenium: 1.32µg (1.89%), Vitamin B12: 0.1µg (1.71%), Vitamin E: 0.23mg (1.51%)