



Chipotle Cheese Fondue

READY IN



50 min.

SERVINGS



4

CALORIES



1124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 4 servings bread sticks
- 4 servings vegetables such as broccoli assorted cooked
- 4 tablespoons vegetables oil
- 2 cups emmenthal cheese diced finely
- 1.5 tablespoons chipotle chiles in adobo whole canned minced to taste
- 4 servings bacon crumbled cooked
- 1.5 tablespoons cornstarch
- 1.3 cups cooking wine dry white

- 3 tablespoons flour
- 2 large garlic cloves halved
- 2 cups gruyère cheese diced finely
- 2 tablespoons kirsch liqueur
- 1 tablespoon juice of lemon fresh
- 4 servings nutmeg freshly ground
- 4 servings salt
- 4 servings scallion greens thinly sliced
- 1.5 cups shallots thinly sliced (8 large)
- 4 servings sourdough bread french italian

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- pot
- sieve
- slotted spoon

Directions

- To make the fondue: In a bowl toss together cheeses and cornstarch.
- Rub the inside of a heavy 3 to 4-quart saucepan with garlic halves, leaving garlic in pan, and add wine and lemon juice. Bring liquid just to a boil and stir in cheese mixture by handfuls. Bring mixture to a bare simmer over moderate heat, stirring, and stir in kirsch, nutmeg, chiles, and pepper, to taste.
- Transfer the fondue to a fondue pot and set over a low flame.
- Stir in fried shallots, scallions, and/or bacon, if using, and serve fondue with accompaniments for dipping. Stir fondue often to keep combined.
- Coat the shallots in the flour and shake out in a strainer to remove the excess flour.

In a heavy 10 to 12-inch skillet, cook shallots in oil moderately high heat, stirring, until golden brown.

Transfer shallots with a slotted spoon to paper towels to drain and season with salt.

Nutrition Facts

PROTEIN 18.71% **FAT 51.7%** **CARBS 29.59%**

Properties

Glycemic Index:124.29, Glycemic Load:41.37, Inflammation Score:-9, Nutrition Score:42.430869973224%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 1123.57kcal (56.18%), Fat: 60.87g (93.64%), Saturated Fat: 26.33g (164.53%), Carbohydrates: 78.37g (26.12%), Net Carbohydrates: 70.48g (25.63%), Sugar: 14.69g (16.33%), Cholesterol: 136.03mg (45.34%), Sodium: 1701.13mg (73.96%), Alcohol: 10.74g (100%), Alcohol %: 2.81% (100%), Protein: 49.56g (99.13%), Calcium: 1208.22mg (120.82%), Phosphorus: 901.22mg (90.12%), Selenium: 60µg (85.72%), Vitamin K: 73.48µg (69.98%), Manganese: 1.28mg (64.01%), Vitamin C: 49.51mg (60.01%), Vitamin B1: 0.81mg (54.13%), Vitamin B2: 0.91mg (53.59%), Folate: 196.14µg (49.03%), Zinc: 6.58mg (43.88%), Vitamin B6: 0.68mg (34.13%), Iron: 5.98mg (33.24%), Vitamin B3: 6.43mg (32.17%), Fiber: 7.89g (31.57%), Vitamin A: 1535.68IU (30.71%), Magnesium: 115.98mg (28.99%), Vitamin B12: 1.73µg (28.85%), Vitamin E: 3.7mg (24.66%), Potassium: 779.49mg (22.27%), Vitamin B5: 1.72mg (17.16%), Copper: 0.33mg (16.6%), Vitamin D: 0.76µg (5.09%)