



Classic Cheese Fondue

READY IN



30 min.

SERVINGS



30

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings top french cubed
- ☐ 1 teaspoon mustard dry
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 garlic clove peeled halved
- ☐ 1.5 cups gruyère cheese shredded
- ☐ 30 servings nutmeg freshly grated
- ☐ 30 servings asian pears sliced into thin wedges
- ☐ 30 servings bell pepper
- ☐ 1.5 cups swiss cheese shredded (emmental)

- ☐ 30 servings bockwurst cut into bite-size lengths
- ☐ 1 cup veltliner dry white grüner

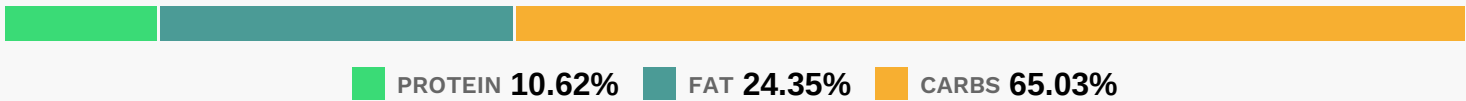
Equipment

- ☐ bowl
- ☐ pot
- ☐ stove

Directions

- ☐ Rub garlic clove around the inside of a 1-qt. fondue pot; discard clove.
- ☐ Pour wine into pot; warm over medium heat on the stovetop until bubbles start to rise.
- ☐ Mix Swiss and gruyre cheeses with flour and dry mustard in a bowl.
- ☐ Add cheese mixture to wine, a handful at a time, stirring gently after each addition until melted and smooth.
- ☐ Sprinkle lightly with nutmeg and pepper.
- ☐ Set pot over its heat source, adjusting so fondue barely bubbles. Arrange French bread, sausages, and pears alongside.
- ☐ Scrape bottom of pot occasionally to keep fondue from scorching as you spear and dip bread, sausages, and pears.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:9.39, Inflammation Score:-9, Nutrition Score:14.601739058028%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

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Nutrients (% of daily need)

Calories: 187.14kcal (9.36%), Fat: 5.31g (8.16%), Saturated Fat: 2.92g (18.28%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 24.71g (8.98%), Sugar: 20.04g (22.26%), Cholesterol: 13mg (4.33%), Sodium: 74.89mg (3.26%), Alcohol: 0.82g (100%), Alcohol %: 0.39% (100%), Protein: 5.2g (10.41%), Vitamin C: 102.6mg (124.36%), Vitamin A: 2484.3IU (49.69%), Fiber: 7.17g (28.68%), Vitamin B6: 0.29mg (14.35%), Calcium: 140.3mg (14.03%), Folate: 50.67µg (12.67%), Manganese: 0.24mg (12.15%), Phosphorus: 119.43mg (11.94%), Potassium: 376.56mg (10.76%), Vitamin K: 11.26µg (10.72%), Vitamin E: 1.43mg (9.57%), Vitamin B2: 0.15mg (8.9%), Copper: 0.18mg (8.89%), Magnesium: 29.99mg (7.5%), Zinc: 0.94mg (6.25%), Vitamin B3: 1.16mg (5.81%), Vitamin B1: 0.09mg (5.7%), Selenium: 3.43µg (4.9%), Vitamin B12: 0.28µg (4.62%), Iron: 0.8mg (4.42%), Vitamin B5: 0.39mg (3.94%)