



Classic Swiss Fondue

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cherry brandy (Kirsch)
- ☐ 2 teaspoons cornstarch
- ☐ 0.8 cup cooking wine dry white
- ☐ 6 ounces emmentaler cheese shredded
- ☐ 8 servings bread french cubed steamed
- ☐ 4 ounces gruyère cheese
- ☐ 1 tablespoon juice of lemon fresh

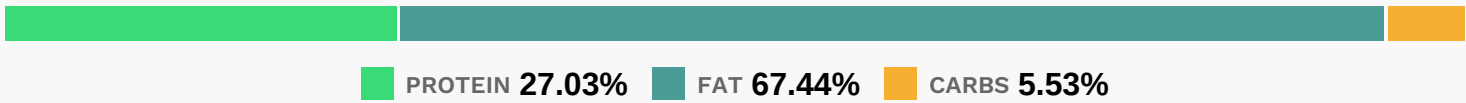
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring wine and lemon juice to a low boil in a heavy saucepan; add cheeses, pepper, and nutmeg, if desired. Reduce heat to medium-low, and cook, stirring constantly, 5 to 7 minutes or until cheese melts.
- ☐ Whisk together cornstarch and cherry brandy. Stir mixture into cheese; cook, stirring constantly, 3 minutes or until thickened.
- ☐ Transfer to a fondue pot, and keep warm.
- ☐ Serve with cubed bread or steamed vegetables.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:5.3978260846242%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 170kcal (8.5%), Fat: 11.2g (17.23%), Saturated Fat: 6.56g (40.97%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 2.03g (0.74%), Sugar: 0.36g (0.4%), Cholesterol: 35.37mg (11.79%), Sodium: 147.78mg (6.43%), Alcohol: 2.94g (100%), Alcohol %: 5.9% (100%), Protein: 10.1g (20.2%), Calcium: 335.2mg (33.52%), Phosphorus: 213.24mg (21.32%), Vitamin B12: 0.87µg (14.48%), Selenium: 8.78µg (12.54%), Zinc: 1.52mg (10.14%), Vitamin B2: 0.11mg (6.59%), Vitamin A: 311.14IU (6.22%), Magnesium: 14.87mg (3.72%), Manganese: 0.04mg (1.99%), Vitamin B6: 0.04mg (1.98%), Vitamin B5: 0.19mg (1.87%), Potassium: 46.12mg (1.32%), Vitamin B1: 0.02mg (1.31%), Folate: 5.17µg

(1.29%), Vitamin E: 0.17mg (1.15%)