



Classic Swiss Fondue

READY IN



20 min.

SERVINGS



6

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cubes bread french with crusts
- ☐ 2 cup gruyère cheese grated
- ☐ 1 tablespoon cornstarch
- ☐ 1.5 cup cooking wine dry white
- ☐ 2 teaspoon kirsch liqueur

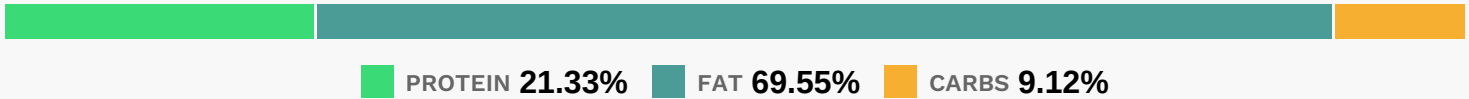
Equipment

- ☐ pot

Directions

- ☐ Rub inside of a 4-quart heavy pot with cut sides of garlic pushing to extract the juice as you work. Discard garlic.
- ☐ Add the wine to pot and bring just to a simmer over moderate heat. Do not boil the wine. Create a slurry by mixing together cornstarch and kirsch in a cup, until a smooth paste is formed. Gradually add cheese to pot and cook, stirring constantly in a zigzag pattern, not a circular motion. Otherwise the cheese will ball up and be difficult to work with. Being careful not to let it boil cook the cheese is just melted and creamy. Stir cornstarch mixture again into fondue. Bring fondue to a simmer and cook, stirring, until thickened, 6 to 8 minutes.
- ☐ Transfer to fondue pot set over a flame and serve with bread for dipping.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:5.223043554341%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 212.26kcal (10.61%), Fat: 12.81g (19.71%), Saturated Fat: 7.23g (45.21%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.77g (1.37%), Sugar: 0.71g (0.79%), Cholesterol: 37.67mg (12.56%), Sodium: 250.48mg (10.89%), Alcohol: 6.74g (100%), Alcohol %: 8.47% (100%), Protein: 8.84g (17.68%), Calcium: 271.82mg (27.18%), Phosphorus: 183.73mg (18.37%), Selenium: 10.8µg (15.44%), Vitamin B2: 0.18mg (10.35%), Zinc: 1.46mg (9.72%), Vitamin A: 377.42IU (7.55%), Vitamin B12: 0.4µg (6.65%), Magnesium: 16.26mg (4.07%), Manganese: 0.08mg (3.79%), Vitamin B6: 0.06mg (2.81%), Folate: 8.72µg (2.18%), Potassium: 71.87mg (2.05%), Vitamin E: 0.28mg (1.89%), Vitamin B5: 0.18mg (1.83%), Vitamin D: 0.23µg (1.51%), Iron: 0.24mg (1.31%), Vitamin K: 1.15µg (1.09%), Vitamin B1: 0.02mg (1.01%)