



Creamy Fondue with Poached Egg and Baguette

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



1057 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette
- ☐ 4 ounces cream cheese
- ☐ 4 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 servings chives fresh chopped for garnish
- ☐ 2 cups heavy cream
- ☐ 1 pinch kosher salt

- ☐ 4 ounces muenster cheese grated
- ☐ 8 tablespoons butter unsalted
- ☐ 1 tablespoon vinegar white

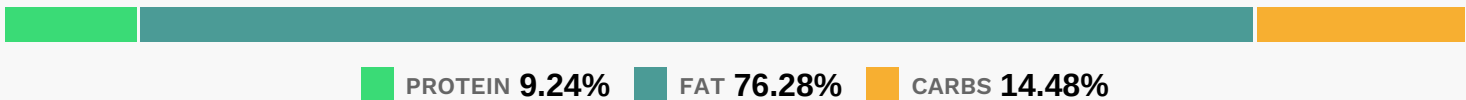
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt 4 tablespoons of the butter in a medium skillet over medium heat. Stir in the flour and cook for 1 to 2 minutes.
- ☐ Pour in the cream and bring to a simmer. Turn off the heat and add the salt and cheeses.
- ☐ Let sit for a minute or 2, and then stir to melt the cheeses completely. Cover and keep warm.
- ☐ Bring a medium skillet of water to a very gentle simmer and add the white vinegar. Crack an egg into a small dish and carefully slip it into the water. Cook for 2 to 3 minutes, depending on how hard or soft you like your yolk.
- ☐ Remove with a slotted spoon onto a paper-towel-lined plate. Continue with the rest of the eggs.
- ☐ Split the baguette and toast it under the broiler. Slather with the remaining butter and cut into slices.
- ☐ Fill individual bowls with the cheese mixture and top with the poached eggs.
- ☐ Garnish with chives and serve with the toasted bread.

Nutrition Facts



Properties

Glycemic Index:73.94, Glycemic Load:23.22, Inflammation Score:-9, Nutrition Score:22.346086745677%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1056.95kcal (52.85%), Fat: 90.43g (139.13%), Saturated Fat: 54.81g (342.54%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 37.17g (13.52%), Sugar: 8.02g (8.91%), Cholesterol: 436.52mg (145.51%), Sodium: 769.39mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.29%), Vitamin A: 3430.18IU (68.6%), Selenium: 37.8µg (54%), Vitamin B2: 0.84mg (49.29%), Calcium: 411.38mg (41.14%), Phosphorus: 401.91mg (40.19%), Vitamin B1: 0.45mg (29.96%), Folate: 109.84µg (27.46%), Vitamin D: 3.49µg (23.29%), Iron: 3.49mg (19.41%), Vitamin B12: 1.16µg (19.37%), Vitamin E: 2.77mg (18.48%), Manganese: 0.34mg (17.16%), Vitamin B3: 3.25mg (16.23%), Zinc: 2.42mg (16.13%), Vitamin B5: 1.57mg (15.72%), Vitamin B6: 0.23mg (11.36%), Vitamin K: 11.24µg (10.7%), Magnesium: 42.63mg (10.66%), Potassium: 348.73mg (9.96%), Copper: 0.15mg (7.52%), Fiber: 1.44g (5.76%), Vitamin C: 1.29mg (1.57%)