



## Easy cheese fondue

READY IN



40 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tbsp cider vinegar
- ☐ 1 tsp cornflour
- ☐ 250 g cheddar grated
- ☐ 250 g gruyere cheese grated
- ☐ 3 tbsp crème fraîche
- ☐ 4 slices bread such as sourdough, chopped into chunks thick
- ☐ 2 tbsp olive oil
- ☐ 2 carrots cut into batons
- ☐ 2 pasilla peppers deseeded cut into strips

- ☐ 2 celery stalks sliced
- ☐ 200 g pack salami mini cut into bite-size chunks thin

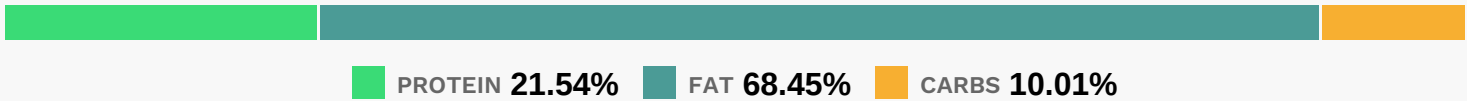
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Mix the vinegar with the cornflour and place in a heatproof bowl with the cheeses. Set over a pan of boiling water. Slowly melt the cheese, stirring occasionally. When its nearly melted, add the crme frache and a little black pepper, if you like. Lower the heat and keep warm.
- ☐ To make croutons, toss the bread in the oil and a little seasoning on a baking sheet, then bake for 10-15 mins until golden and crisp.
- ☐ To serve, put the cheese fondue on a large platter and arrange the croutons, veg and salamis alongside it.

## Nutrition Facts



## Properties

Glycemic Index:40.42, Glycemic Load:5.97, Inflammation Score:-10, Nutrition Score:25.077391437862%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 600.8kcal (30.04%), Fat: 45.66g (70.25%), Saturated Fat: 21.25g (132.8%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 13.01g (4.73%), Sugar: 3.52g (3.91%), Cholesterol: 117.37mg (39.12%), Sodium: 1430.15mg (62.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.34g (64.67%), Vitamin A: 4399.89IU (88%), Calcium: 760.75mg (76.08%), Phosphorus: 563.7mg (56.37%), Selenium: 31.94µg (45.63%), Vitamin C: 33.22mg (40.27%), Vitamin B12: 2.05µg (34.24%), Zinc: 4.87mg (32.48%), Vitamin B1: 0.46mg (30.75%), Vitamin B2: 0.49mg (28.87%), Vitamin B6: 0.39mg (19.35%), Manganese: 0.35mg (17.46%), Vitamin B3: 3.38mg (16.88%), Magnesium: 48.65mg (12.16%), Vitamin K: 11.95µg (11.38%), Potassium: 367.29mg (10.49%), Vitamin B5: 1.03mg (10.31%), Vitamin E: 1.44mg (9.63%), Folate: 38.12µg (9.53%), Iron: 1.48mg (8.24%), Fiber: 2.01g (8.06%), Copper: 0.15mg (7.27%), Vitamin D: 0.5µg (3.33%)