



Farmhouse Cheddar and Irish Stout Fondue with New Potatoes

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoon apple juice concentrate frozen thawed
- ☐ 1 pound farmhouse cheddar cheese grated
- ☐ 2.5 tablespoon flour all-purpose
- ☐ 1 tablespoon colman's mustard english
- ☐ 2 cup red-skinned potatoes halved
- ☐ 0.8 cup irish stout () (such as guinness)

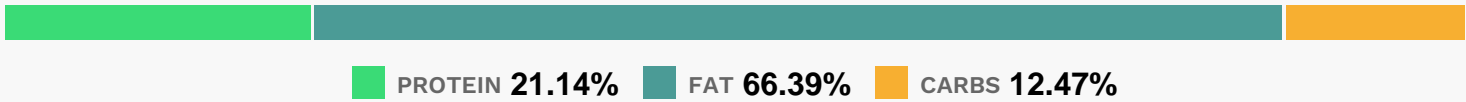
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Boil the new potatoes in salted water until just cooked through. They should remain quite firm and hold their shape. About 4 minutes. Meanwhile, toss cheese with flour in large bowl. Bring 3/4 cup stout, juice concentrate, and mustard to simmer in large saucepan over medium heat. Gradually add cheese mixture, stirring constantly in a zig zag motion (to keep the cheese from balling up), until cheese is melted and smooth. Thinning with more stout, if desired. Season to taste with salt and pepper.
- ☐ Transfer fondue to bowl set over a flame.
- ☐ Serve warm with the new potatoes for dipping.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:2.9, Inflammation Score:-6, Nutrition Score:10.889565022095%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 359.21kcal (17.96%), Fat: 26.09g (40.14%), Saturated Fat: 14.55g (90.93%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.49g (3.81%), Sugar: 2.35g (2.61%), Cholesterol: 75.6mg (25.2%), Sodium: 712.08mg (30.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.38%), Calcium: 538.65mg (53.87%), Phosphorus: 365.92mg (36.59%), Selenium: 22.59µg (32.28%), Vitamin B2: 0.36mg (21.13%), Zinc: 2.88mg (19.21%), Vitamin A: 759.4IU (15.19%), Vitamin B12: 0.8µg (13.36%), Magnesium: 27.35mg (6.84%), Folate: 26.09µg (6.52%), Potassium: 190.45mg (5.44%), Vitamin B6: 0.1mg (4.94%), Vitamin B1: 0.07mg (4.66%), Vitamin B5: 0.4mg (4.03%), Vitamin E: 0.57mg (3.82%), Manganese: 0.08mg (3.76%), Copper: 0.06mg (3.24%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.29mg (2.77%), Vitamin B3: 0.52mg (2.61%), Iron: 0.47mg (2.59%), Vitamin K: 2.55µg (2.43%), Fiber: 0.54g (2.16%)