



## Fondue Bourguignonne

 Gluten Free

READY IN



72 min.

SERVINGS



6

CALORIES



1100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon cayenne toasted
- 2 cups chili sauce
- 2 teaspoons curry powder toasted
- 1 tablespoon brown sugar dark
- 1 tablespoon tarragon dried
- 1 teaspoon mustard dry
- 0.3 cup cooking wine dry white
- 3 egg yolks

- 2 tablespoons tarragon fresh minced
- 1 garlic clove finely minced
- 1 teaspoon juice of lemon
- 1 teaspoon juice of lime fresh
- 0.5 cup mango chutney drained chopped
- 0.5 cup mayonnaise
- 3 tablespoons onion finely minced
- 0.5 cup yogurt plain drained
- 2 tablespoons onion red minced
- 1 pinch pepper flakes red
- 6 servings salt
- 6 servings salt and pepper
- 1 tablespoon shallots minced
- 2 pounds fillet steak
- 0.5 pound butter unsalted melted (2 sticks)
- 1 tablespoon vegetable oil
- 6 servings vegetable oil
- 2 tablespoons water
- 0.3 cup citrus champagne vinegar
- 1 tablespoon worcestershire sauce

## Equipment

- food processor
- pot
- stove

## Directions

- Cut the steak into 3/4-inch cubes and arrange on platter. Fill a fondue pot half full with vegetable oil.

- Heat on stove and transfer to burner. To serve, the meat is picked up with fondue fork and immersed into hot oil until cooked to desired doneness. Once cooked, the meat is dipped into accompanying sauces.;
- Combine all ingredients in a food processor and pulse 2 or 3 times. Adjust seasoning. Chill the sauce, covered, for at least 2 hours and up to 3 days.
- Transfer the sauce to a serving dish.

## Nutrition Facts



### Properties

Glycemic Index:71.67, Glycemic Load:12.19, Inflammation Score:-8, Nutrition Score:29.538695418316%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

### Nutrients (% of daily need)

Calories: 1100.2kcal (55.01%), Fat: 86.11g (132.47%), Saturated Fat: 35.02g (218.86%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 42.13g (15.32%), Sugar: 29.87g (33.19%), Cholesterol: 281.19mg (93.73%), Sodium: 1873.51mg (81.46%), Alcohol: 1.03g (100%), Alcohol %: 0.31% (100%), Protein: 36.61g (73.21%), Vitamin K: 70.99µg (67.61%), Selenium: 45.91µg (65.59%), Zinc: 8.55mg (56.97%), Vitamin B12: 2.85µg (47.46%), Vitamin B3: 9.31mg (46.57%), Vitamin B6: 0.92mg (45.97%), Vitamin A: 1944.49IU (38.89%), Phosphorus: 362.99mg (36.3%), Vitamin B2: 0.6mg (35.21%), Vitamin E: 5.05mg (33.66%), Iron: 5.43mg (30.16%), Potassium: 996.4mg (28.47%), Vitamin C: 20.97mg (25.41%), Manganese: 0.38mg (19.01%), Vitamin B1: 0.27mg (17.81%), Magnesium: 66.3mg (16.58%), Copper: 0.33mg (16.52%), Calcium: 135.63mg (13.56%), Fiber: 3.26g (13.03%), Folate: 46.49µg (11.62%), Vitamin D: 1.26µg (8.41%), Vitamin B5: 0.46mg (4.58%)