



Fondue with Tequila

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado pitted peeled
- ☐ 6 tablespoons butter
- ☐ 0.5 cup cotija cheese crumbled
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons juice of lemon
- ☐ 1 cup milk

- ☐ 2 small onions chopped
- ☐ 1 pinch salt and pepper to taste
- ☐ 2 tablespoons tequila

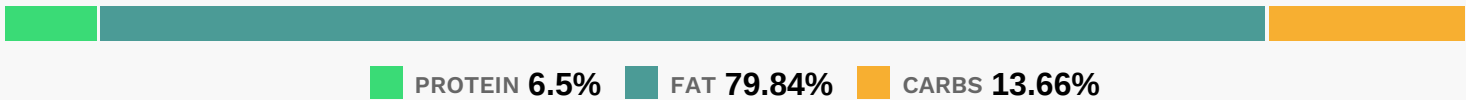
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ casserole dish

Directions

- ☐ Melt the butter in a skillet over medium heat.
- ☐ Add the onions, and cook until tender, stirring occasionally.
- ☐ Add the garlic, and cook for about a minute.
- ☐ Whisk in the flour with a fork so no lumps form. Cook and stir with the fork until browned.
- ☐ Remove from heat and set aside.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Place the avocado into a blender or food processor, and pour in the milk, cream, lemon juice, salt and pepper. Puree until smooth.
- ☐ Pour into a heat proof bowl or casserole dish, and stir in the onion and garlic mixture.
- ☐ Bake in the oven for 20 minutes, or until thickened. Stir in the tequila and cheese, and return to the oven for about 5 minutes to melt the cheese. Stir and serve as a fondue.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:2.26, Inflammation Score:-5, Nutrition Score:6.2078260338825%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 233.49kcal (11.67%), Fat: 20.62g (31.73%), Saturated Fat: 11.18g (69.88%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 5.88g (2.14%), Sugar: 2.97g (3.3%), Cholesterol: 51.39mg (17.13%), Sodium: 197.49mg (8.59%), Alcohol: 1.25g (100%), Alcohol %: 1.33% (100%), Protein: 3.78g (7.55%), Vitamin A: 607.43IU (12.15%), Vitamin B2: 0.2mg (11.81%), Calcium: 104.41mg (10.44%), Phosphorus: 94.89mg (9.49%), Fiber: 2.06g (8.23%), Folate: 32.15µg (8.04%), Vitamin B6: 0.16mg (7.88%), Vitamin C: 6.19mg (7.5%), Vitamin K: 6.83µg (6.5%), Potassium: 225mg (6.43%), Vitamin B5: 0.64mg (6.42%), Vitamin E: 0.95mg (6.31%), Vitamin B12: 0.36µg (6.08%), Vitamin B1: 0.08mg (5.13%), Selenium: 3.42µg (4.89%), Zinc: 0.65mg (4.35%), Magnesium: 16.57mg (4.14%), Manganese: 0.08mg (4.13%), Vitamin D: 0.61µg (4.07%), Vitamin B3: 0.72mg (3.58%), Copper: 0.06mg (3.25%), Iron: 0.35mg (1.96%)