



Goat Cheese Fondue

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 2 tablespoons chives chopped
- 0.3 teaspoon ground cumin freshly ground
- 4 ounce goat cheese
- 0.1 teaspoon pepper
- 4 cups savory vegetable mixed raw such as baby carrots, radishes, and zucchini
- 0.3 teaspoon salt
- 2 teaspoons shallots finely minced

0.5 cup skim milk

Equipment

sauce pan

whisk

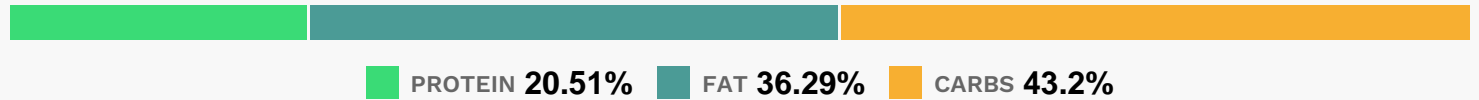
Directions

Heat a small saucepan over low heat; add goat cheese and skim milk. Bring to a simmer, whisking until goat cheese is melted.

Add butter, whisking well. Season with salt, pepper, and freshly ground cumin; stir in chopped chives and minced shallots.

Serve with raw vegetables.

Nutrition Facts



Properties

Glycemic Index:60.06, Glycemic Load:8.31, Inflammation Score:-10, Nutrition Score:16.388695610606%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 228.63kcal (11.43%), Fat: 9.83g (15.12%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 18.95g (6.89%), Sugar: 1.91g (2.12%), Cholesterol: 21.48mg (7.16%), Sodium: 370.66mg (16.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Vitamin A: 9752.01IU (195.04%), Fiber: 7.38g (29.51%), Manganese: 0.49mg (24.72%), Vitamin C: 19.89mg (24.11%), Phosphorus: 215.76mg (21.58%), Copper: 0.38mg (19.13%), Vitamin B2: 0.31mg (18.01%), Vitamin B1: 0.26mg (17.46%), Folate: 58.84µg (14.71%), Vitamin B6: 0.27mg (13.49%), Magnesium: 53.37mg (13.34%), Iron: 2.39mg (13.3%), Potassium: 456.07mg (13.03%), Calcium: 129.74mg (12.97%), Vitamin B3: 2.46mg (12.28%), Zinc: 1.24mg (8.27%), Vitamin B5: 0.61mg (6.11%), Vitamin B12: 0.24µg (3.96%), Vitamin K: 4.07µg (3.87%), Selenium: 2.2µg (3.15%), Vitamin D: 0.45µg (3%)