

Gouda Fondue



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings torn bread red boiled cubed sliced
- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup cooking wine dry white
- ☐ 4 ounces aged gouda cheese shredded trimmed rind
- ☐ 12 ounces gouda cheese shredded trimmed rind
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 1 pinch nutmeg freshly grated

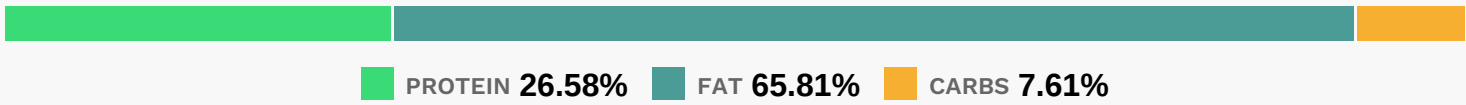
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Combine wine and lemon juice in a small pot over medium heat. Toss together both cheeses and cornstarch in a large bowl. When the wine comes to a boil, slowly add the cheese and cornstarch mixture, whisking continuously until smooth. Season with nutmeg and cayenne.
- ☐ Transfer to a small slow cooker set to low and serve with the selection of dippers. Fondue should hold on low setting for up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.97, Inflammation Score:-5, Nutrition Score:13.766956416161%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 470.5kcal (23.53%), Fat: 31.17g (47.96%), Saturated Fat: 20.02g (125.16%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 8g (2.91%), Sugar: 3.21g (3.57%), Cholesterol: 129.27mg (43.09%), Sodium: 932.33mg (40.54%), Alcohol: 6.18g (100%), Alcohol %: 4.35% (100%), Protein: 28.33g (56.66%), Calcium: 799.94mg (79.99%), Phosphorus: 631.79mg (63.18%), Zinc: 4.51mg (30.05%), Vitamin B12: 1.75µg (29.11%), Selenium: 16.63µg (23.75%), Vitamin B2: 0.39mg (22.86%), Vitamin A: 649.23IU (12.98%), Magnesium: 39.8mg (9.95%), Folate: 25.06µg (6.27%),

Vitamin B6: 0.12mg (6.2%), Potassium: 187.15mg (5.35%), Manganese: 0.09mg (4.71%), Vitamin B5: 0.42mg (4.17%),
Vitamin D: 0.57µg (3.78%), Vitamin K: 2.9µg (2.76%), Iron: 0.47mg (2.62%), Vitamin B1: 0.04mg (2.61%), Copper:
0.05mg (2.47%), Vitamin E: 0.28mg (1.88%)