



Gruyère and Cider Fondue

READY IN



45 min.

SERVINGS



6

CALORIES



590 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple cider hard
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 crusty baguette cut into 3/4-inch cubes
- ☐ 1 tablespoon cornstarch
- ☐ 2 apples i use 2 granny smith apples cored cut into 1/2-inch-thick slices
- ☐ 1 pound gruyere cheese grated
- ☐ 8 ounces sausage

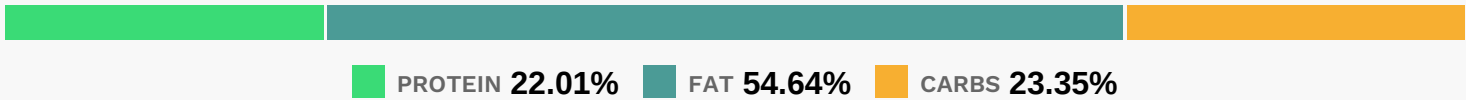
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ stove

Directions

- ☐ Preheat oven to 300°F.
- ☐ Heat heavy largesillet over high heat.
- ☐ Add kielbasa slicesand sauté until browned on both sides, 2to 3 minutes.
- ☐ Transfer to baking sheet andplace in oven to keep warm.
- ☐ Toss cheese and cornstarch in largebowl to coat. Bring hard cider and vinegarjust to simmer in medium saucepan overmedium heat. Reduce heat to medium low(mixture should be barely simmering).
- ☐ Add a handful of cheese to simmeringcider mixture. Stir until cheese is melted.
- ☐ Add remaining cheese 1 handful at a time,stirring until melted between additions.Increase heat to medium and cookuntil fondue begins to bubble, stirringconstantly. Stir in Calvados. Season totaste with pepper.
- ☐ Transfer fondue to pot. Set fonduepot atop stand; light candle or cannedheat burner. Arrange sausage slices,apple slices, and bread cubes in bowlsalongside fondue pot.
- ☐ * Alcoholic apple cider; available in theliquor department of most supermarketsand at liquor stores.
- ☐ Start your fondue in asaucepan on the stove—not in the fonduepot. If the mixture seems a little lumpy,keep stirring and turn up the heat a bit.

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:17.75, Inflammation Score:-6, Nutrition Score:18.193043387454%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 6.42mg, Epicatechin: 6.42mg, Epicatechin: 6.42mg, Epicatechin: 6.42mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 590.29kcal (29.51%), Fat: 35.74g (54.98%), Saturated Fat: 17.87g (111.66%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 31.95g (11.62%), Sugar: 12.33g (13.7%), Cholesterol: 110.37mg (36.79%), Sodium: 1040.1mg (45.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.77%), Calcium: 817.69mg (81.77%), Phosphorus: 557.78mg (55.78%), Zinc: 4.13mg (27.54%), Vitamin B1: 0.41mg (27.36%), Selenium: 18.21µg (26.01%), Vitamin B12: 1.53µg (25.51%), Vitamin B2: 0.41mg (24.31%), Vitamin B3: 3.83mg (19.17%), Vitamin A: 778.18IU (15.56%), Folate: 54.34µg (13.59%), Manganese: 0.27mg (13.27%), Vitamin B6: 0.25mg (12.61%), Magnesium: 48.51mg (12.13%), Iron: 2.12mg (11.76%), Fiber: 2.42g (9.69%), Potassium: 313.15mg (8.95%), Vitamin B5: 0.89mg (8.92%), Vitamin D: 0.94µg (6.3%), Copper: 0.12mg (6.08%), Vitamin K: 4.78µg (4.55%), Vitamin C: 3.41mg (4.13%), Vitamin E: 0.52mg (3.45%)