



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
- ☐ 2 tablespoons frangelico (clear pear brandy)
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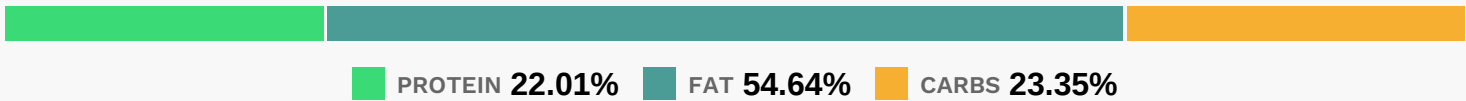
Equipment

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

Directions

- ☐ Preheat oven to 300°F.
- ☐ Heat heavy large skillet over high heat.
- ☐ Add kielbasa slices and sauté until browned on both sides, 2 to 3 minutes.
- ☐ Transfer to baking sheet and place in oven to keep warm.
- ☐ Toss cheese and cornstarch in large bowl to coat. Bring hard cider and vinegar just to simmer in medium saucepan over medium heat. Reduce heat to medium low (mixture should be barely simmering).
- ☐ Add a handful of cheese to simmering cider mixture. Stir until cheese is melted.
- ☐ Add remaining cheese 1 handful at a time, stirring until melted between additions. Increase heat to medium and cook until fondue begins to bubble, stirring constantly. Stir in Calvados. Season to taste with pepper.
- ☐ Transfer fondue to pot. Set fondue pot atop stand; light candle or canned heat burner. Arrange sausage slices, apple slices, and bread cubes in bowl alongside fondue pot.
- ☐ * Alcoholic apple cider; available in the liquor department of most supermarkets and at liquor stores.
- ☐ Start your fondue in a saucepan on the stove—not in the fondue pot. 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%)