



Gruyère Fondue with Caramelized Shallots

READY IN



45 min.

SERVINGS



4

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour
- ☐ 1 crusty baguette cut into 1-inch cubes
- ☐ 1 tablespoon butter
- ☐ 1.5 cups wine dry white ()
- ☐ 1 pinch nutmeg generous
- ☐ 6 ounces shallots thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 3.5 cups cheese packed grated

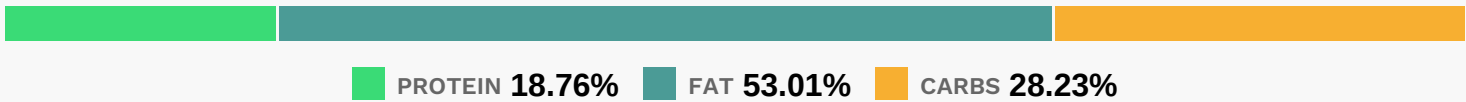
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Melt butter in heavy medium skillet over medium heat.
- ☐ Add thinly sliced shallots and sauté 3 minutes. Reduce heat to low; sprinkle shallots with sugar, salt and pepper. Sauté until shallots are caramelized, about 15 minutes.
- ☐ Transfer shallots to small bowl.
- ☐ Add 1 1/2 cups wine to skillet; boil 1 minute.
- ☐ Pour wine into heavy medium saucepan; set over medium-low heat. Toss cheese with flour in medium bowl to coat.
- ☐ Add half of caramelized shallots to wine; add cheese mixture by handfuls, stirring until cheese melts and is smooth before adding more. Thin with more wine if mixture is too thick. Season with nutmeg, salt and pepper.
- ☐ Transfer cheese mixture to fondue pot. Set pot over candle or canned heat burner. Top fondue with remaining caramelized shallots.
- ☐ Serve with bread cubes.

Nutrition Facts



Properties

Glycemic Index:102.21, Glycemic Load:26.18, Inflammation Score:-8, Nutrition Score:22.25130432585%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg,

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg 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: 713.61kcal (35.68%), Fat: 38.34g (58.98%), Saturated Fat: 21.2g (132.51%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 43.12g (15.68%), Sugar: 8.55g (9.5%), Cholesterol: 106.4mg (35.47%), Sodium: 1065.13mg (46.31%), Alcohol: 9.27g (100%), Alcohol %: 3.89% (100%), Protein: 30.53g (61.05%), Calcium: 790.38mg (79.04%), Selenium: 40.65µg (58.07%), Phosphorus: 559.36mg (55.94%), Vitamin B2: 0.68mg (39.92%), Vitamin B1: 0.45mg (30.19%), Zinc: 4.44mg (29.57%), Manganese: 0.56mg (28.11%), Folate: 110.15µg (27.54%), Vitamin A: 1080.15IU (21.6%), Iron: 3.25mg (18.06%), Vitamin B12: 1.05µg (17.57%), Vitamin B3: 3.3mg (16.49%), Vitamin B6: 0.33mg (16.35%), Magnesium: 62.23mg (15.56%), Fiber: 2.83g (11.31%), Potassium: 365.31mg (10.44%), Vitamin B5: 0.83mg (8.29%), Copper: 0.16mg (7.87%), Vitamin E: 1.02mg (6.82%), Vitamin K: 5.2µg (4.96%), Vitamin C: 3.41mg (4.13%), Vitamin D: 0.59µg (3.95%)