

Irish Cheddar and Stout Fondue

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons flour
- ☐ 6 tablespoons apple juice frozen thawed
- ☐ 2 apples cored cut into wedges
- ☐ 2 cups brussels sprouts
- ☐ 2 cups cauliflower florets
- ☐ 1 pound cheddar cheese grated
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cups potatoes – remove skin halved

☐ 0.8 cup porter () (such as Guinness)

Equipment

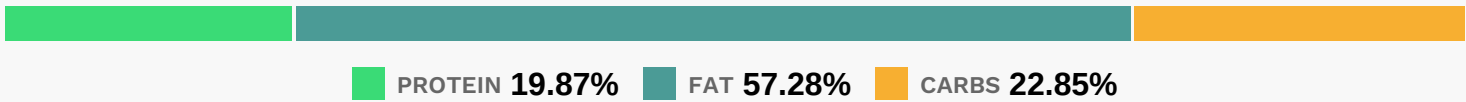
☐ bowl

☐ sauce pan

Directions

- ☐ Steam all vegetables until tender, about 15 minutes. Arrange vegetables and apples around edge of large platter.
- ☐ Meanwhile, toss cheese with flour in large bowl. Bring 3/4 cup stout, juice concentrate, and mustard to simmer in large saucepan over medium heat. Gradually add cheese mixture, stirring constantly, until cheese is melted and smooth, thinning with more stout, if desired. Season to taste with salt and pepper.
- ☐ Transfer fondue to bowl.
- ☐ Place in center of platter with vegetables.
- ☐ Market tip
- ☐ Sharp white cheddar is a great substitute for the Irish cheddar.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:5.92, Inflammation Score:-8, Nutrition Score:19.581738969554%

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: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg 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 Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg

0.46mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 408.36kcal (20.42%), Fat: 26.16g (40.24%), Saturated Fat: 14.62g (91.35%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 19.6g (7.13%), Sugar: 9.65g (10.72%), Cholesterol: 75.6mg (25.2%), Sodium: 545.02mg (23.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.83%), Vitamin K: 61.01µg (58.1%), Calcium: 563.52mg (56.35%), Vitamin C: 46.09mg (55.86%), Phosphorus: 410.2mg (41.02%), Selenium: 24.11µg (34.45%), Vitamin B2: 0.42mg (24.88%), Zinc: 3.14mg (20.9%), Vitamin A: 1015.11IU (20.3%), Folate: 64.98µg (16.25%), Fiber: 3.88g (15.54%), Potassium: 472.89mg (13.51%), Vitamin B12: 0.8µg (13.36%), Manganese: 0.26mg (12.87%), Vitamin B6: 0.25mg (12.55%), Magnesium: 43.33mg (10.83%), Vitamin B1: 0.14mg (9.49%), Vitamin B5: 0.76mg (7.6%), Vitamin E: 0.98mg (6.5%), Iron: 1.13mg (6.28%), Copper: 0.12mg (5.83%), Vitamin B3: 0.98mg (4.89%), Vitamin D: 0.45µg (3.02%)