



Italian Cheese Fondue

READY IN



35 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons chives chopped
- ☐ 5 teaspoons cornstarch
- ☐ 2 cups cooking wine dry white such as Pinot Grigio
- ☐ 1 pieces bite-size of focaccia fresh steamed sliced for dipping
- ☐ 8 ounces fontina grated
- ☐ 8 ounces gruyere cheese grated
- ☐ 6 ounces pancetta thinly sliced chopped

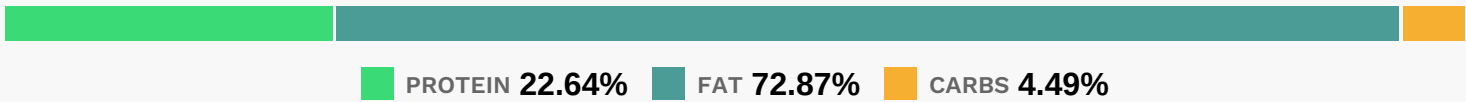
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Toss the Fontina and Gruyere cheese with the cornstarch in a medium bowl to coat.
- ☐ Saute the pancetta in a heavy large saucepan over medium heat until crisp and golden, about 8 minutes. Using a slotted spoon, transfer the pancetta to a plate.
- ☐ Pour off any excess oil.
- ☐ Pour the wine into the same saucepan and bring to a boil. Decrease the heat to medium.
- ☐ Whisk 1 handful of the cheese mixture into the wine until it is almost melted. Repeat with the remaining cheese mixture in about 4 more batches. Continue whisking until the cheese is completely melted and the fondue bubbles, about 1 minute. Stir in all but 2 tablespoons of the pancetta. Season the fondue with pepper, to taste.
- ☐ Transfer the cheese mixture to a fondue pot.
- ☐ Sprinkle with the remaining pancetta and chives. Set the pot over a candle or a canned heat burner.
- ☐ Serve with focaccia and vegetables.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:11.489565319341%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 494.34kcal (24.72%), Fat: 35.24g (54.21%), Saturated Fat: 18.17g (113.59%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.81g (1.75%), Sugar: 1.51g (1.68%), Cholesterol: 104.14mg (34.71%), Sodium: 765.12mg (33.27%), Alcohol: 8.24g (100%), Alcohol %: 5.59% (100%), Protein: 24.64g (49.27%), Calcium: 599.68mg (59.97%), Phosphorus: 415.65mg (41.56%), Selenium: 16.8µg (24%), Vitamin B12: 1.38µg (23.03%), Zinc: 3.24mg (21.57%), Vitamin A: 758.01IU (15.16%), Vitamin B2: 0.22mg (12.87%), Vitamin B6: 0.18mg (8.95%), Magnesium: 30.94mg (7.74%), Vitamin B1: 0.11mg (7.58%), Vitamin B3: 1.33mg (6.65%), Manganese: 0.13mg (6.29%), Vitamin B5: 0.57mg (5.73%), Potassium: 172.08mg (4.92%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.57µg (3.78%), Iron: 0.52mg (2.87%), Vitamin E: 0.33mg (2.22%), Copper: 0.04mg (2.02%), Folate: 7.91µg (1.98%)