



Mascarpone Dessert Fondue

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

Ingredients

- ☐ 2 fuji apples cored rinsed sliced
- ☐ 1 cup mascarpone cheese
- ☐ 0.8 cup orange muscat wine such as essencia
- ☐ 10 oz inch cubes pound cake

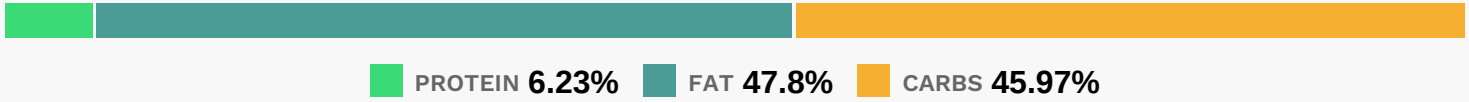
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden skewers

Directions

- ☐ Spread cake in a single layer in a 9- by 13-inch pan.
- ☐ Bake in a 450 oven until lightly toasted, 5 to 7 minutes.
- ☐ Place in a small bowl.
- ☐ Meanwhile, in a 1- to 2-quart pan or fondue pan over high heat, boil wine until reduced to 1/4 cup, 6 to 8 minutes.
- ☐ Reduce heat to medium-high, add mascarpone, and stir until boiling, about 4 minutes. Set pan over a candle or on an electric warming tray.
- ☐ Use forks or thin wood skewers to spear cake and apple slices and dunk them into fondue.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:2.21, Inflammation Score:-5, Nutrition Score:4.6030434681022%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg 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: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 361.57kcal (18.08%), Fat: 18.25g (28.08%), Saturated Fat: 10.9g (68.1%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 37.8g (13.74%), Sugar: 23.65g (26.28%), Cholesterol: 85.69mg (28.56%), Sodium: 315.59mg (13.72%), Alcohol: 2.6g (100%), Alcohol %: 1.88% (100%), Protein: 5.35g (10.71%), Vitamin A: 630.52IU (12.61%), Calcium: 89.21mg (8.92%), Vitamin B2: 0.14mg (8.4%), Vitamin B1: 0.13mg (8.34%), Iron: 1.36mg (7.54%), Phosphorus: 71.4mg (7.14%), Fiber: 1.69g (6.77%), Selenium: 4.3µg (6.14%), Manganese: 0.12mg (6.02%), Folate: 24.03µg (6.01%), Vitamin B3: 0.97mg (4.84%), Vitamin C: 2.79mg (3.38%), Potassium: 111.69mg (3.19%), Vitamin B5: 0.26mg (2.63%), Vitamin B6: 0.05mg (2.47%), Copper: 0.05mg (2.28%), Magnesium: 8.23mg (2.06%), Vitamin B12:

0.11µg (1.89%), Zinc: 0.27mg (1.77%), Vitamin E: 0.22mg (1.48%), Vitamin K: 1.43µg (1.36%)