



Matty's Brie Cheese Fondue

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound brie cheese cubed
- 1 tablespoon cornstarch
- 1 cup cooking wine dry white
- 2 cloves garlic crushed
- 1 pinch nutmeg freshly grated
- 4 servings salt and pepper white to taste
- 0.3 cup cooking sherry

Equipment

- sauce pan
- whisk
- pot
- wooden spoon

Directions

- Rub the garlic all over the inside of your fondue pot, leaving the crushed pieces in the bottom. You can also make fondue in a regular sauce pan and transfer to the fondue pot, but why get two pans all crazy cheesy?
- Add the white wine and sherry to the pot and heat over medium-low heat.
- Toss the cheese cubes in cornstarch to coat. When the wine is hot, add the cheese. Stir slowly with a wooden spoon at first and then use a whisk. Stir constantly to keep it from scorching on the bottom of the pot. When the cheese has melted, remove it from the heat and grate in a little nutmeg. Season with salt and pepper to taste. The fondue should be smooth and coat a wooden spoon. If it seems to runny, add more cheese. If it is too thick, add a splash more wine --sparingly.
- Prepare your fondue pot base and keep fondue warm over low heat. Get out the good linen napkins and set the table. This is a meal to be proud of!

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:11.179565303999%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 451.42kcal (22.57%), Fat: 31.51g (48.48%), Saturated Fat: 19.8g (123.74%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.8g (1.75%), Sugar: 1.32g (1.46%), Cholesterol: 113.4mg (37.8%), Sodium: 911.29mg (39.62%), Alcohol: 7.72g (100%), Alcohol %: 5.08% (100%), Protein: 23.75g (47.51%), Vitamin B2: 0.6mg (35.45%), Vitamin B12: 1.87µg (31.18%), Selenium: 16.79µg (23.99%), Phosphorus: 229.78mg (22.98%), Calcium: 218.74mg (21.87%), Zinc: 2.81mg (18.76%), Folate: 74.69µg (18.67%), Vitamin B6: 0.32mg (16.15%), Vitamin A: 671.71IU (13.43%), Vitamin B5: 0.83mg (8.25%), Manganese: 0.16mg (8.01%), Magnesium: 31.08mg (7.77%), Potassium: 232.61mg (6.65%), Vitamin B1: 0.09mg (5.8%), Iron: 0.81mg (4.52%), Vitamin D: 0.57µg (3.78%), Vitamin K: 2.93µg (2.79%), Vitamin B3: 0.53mg (2.63%), Vitamin E: 0.27mg (1.82%), Copper: 0.03mg (1.64%)