



New Potatoes with Three-Cheese Fondue

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese room temperature
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces parmesan cheese freshly grated
- ☐ 1 pound potatoes - remove skin unpeeled cut into 1-inch pieces
- ☐ 1 teaspoon salt

- ☐ 6 cups water
- ☐ 1 cup whipping cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ skewers

Directions

- ☐ Heat oil in heavy medium saucepan over medium heat.
- ☐ Add onion; sauté until soft, about 4 minutes. Reduce heat to low.
- ☐ Add cream, cream cheese, Parmesan, and Gruyère.
- ☐ Whisk until smooth, about 3 minutes. Stir in nutmeg. Season with salt and pepper.
- ☐ Remove from heat.
- ☐ Combine potatoes, 6 cups water and salt in large saucepan. Bring to boil over high heat. Reduce heat to medium and cook until potatoes are just tender when pierced with skewer, about 6 minutes.
- ☐ Drain.
- ☐ Transfer potatoes to bowl.
- ☐ Add olive oil and parsley; toss to coat. Season to taste with salt and pepper. (Fondue and potatoes can be prepared 1 day ahead. Cover separately and refrigerate.
- ☐ Whisk fondue 5 minutes over medium heat until melted and smooth. Reheat potatoes in 350°F oven 10 minutes.)
- ☐ Place potatoes on platter. Spear each with skewer.
- ☐ Serve with warm fondue.

Nutrition Facts



 **PROTEIN 7.96%**  **FAT 74.06%**  **CARBS 17.98%**

Properties

Glycemic Index:7.8, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:2.7517391443253%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 115.95kcal (5.8%), Fat: 9.74g (14.98%), Saturated Fat: 5.58g (34.88%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.85g (1.77%), Sugar: 1.25g (1.39%), Cholesterol: 27.37mg (9.12%), Sodium: 212.63mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.71%), Vitamin A: 370.29IU (7.41%), Phosphorus: 52.17mg (5.22%), Calcium: 49.63mg (4.96%), Vitamin K: 5.04µg (4.8%), Potassium: 141.75mg (4.05%), Vitamin B2: 0.07mg (3.92%), Selenium: 2.46µg (3.51%), Vitamin C: 2.58mg (3.13%), Vitamin B6: 0.06mg (2.82%), Copper: 0.05mg (2.42%), Magnesium: 9.09mg (2.27%), Vitamin E: 0.33mg (2.18%), Manganese: 0.04mg (2.11%), Zinc: 0.3mg (2%), Fiber: 0.47g (1.86%), Vitamin B1: 0.03mg (1.75%), Vitamin B5: 0.17mg (1.73%), Folate: 6.83µg (1.71%), Vitamin B3: 0.29mg (1.44%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.2µg (1.36%), Iron: 0.23mg (1.27%)