



Oka Cheese Fondue

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup wine dry white (preferably Riesling)
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 0.5 cup ice cubes (preferably Canadian)
- ☐ 10 servings pears cubed
- ☐ 4 cups port wine grated

Equipment

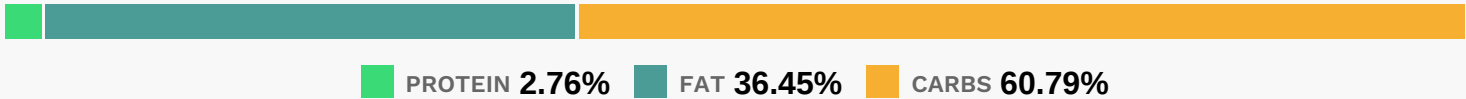
- ☐ sauce pan

- ☐ whisk
- ☐ pot
- ☐ wax paper

Directions

- ☐ Whisk together cream, wines, and flour in a 2-quart heavy saucepan until smooth, then bring to a boil over moderate heat, stirring constantly, until thickened and silky, about 5 minutes.
- ☐ Add half of cheese and stir gently until almost melted, then add remaining cheese and cook, stirring, until cheese is melted and fondue is smooth, about 3 minutes.
- ☐ Serve in fondue pot.
- ☐ Fondue can be made 1 day ahead. Put a piece of wax paper on surface and cool completely, then chill. Reheat over moderately low heat, stirring constantly, until smooth.

Nutrition Facts



Properties

Glycemic Index:12.68, Glycemic Load:8.67, Inflammation Score:-7, Nutrition Score:5.7986956705218%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Petunidin: 6.36mg, Petunidin: 6.36mg, Petunidin: 6.36mg, Petunidin: 6.36mg Delphinidin: 3.74mg, Delphinidin: 3.74mg, Delphinidin: 3.74mg, Delphinidin: 3.74mg Malvidin: 91.04mg, Malvidin: 91.04mg, Malvidin: 91.04mg, Malvidin: 91.04mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 10.01mg, Catechin: 10.01mg, Catechin: 10.01mg, Catechin: 10.01mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 13.57mg, Epicatechin: 13.57mg, Epicatechin: 13.57mg, Epicatechin: 13.57mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 367.4kcal (18.37%), Fat: 10.99g (16.91%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 36.05g (13.11%), Sugar: 24.64g (27.38%), Cholesterol: 33.62mg (11.21%), Sodium: 19.57mg

(0.85%), Alcohol: 15.92g (100%), Alcohol %: 6.35% (100%), Protein: 1.88g (3.75%), Fiber: 5.21g (20.83%), Manganese: 0.22mg (11.18%), Vitamin A: 478.83IU (9.58%), Copper: 0.19mg (9.41%), Potassium: 320.07mg (9.14%), Vitamin C: 7.32mg (8.87%), Vitamin K: 8.31µg (7.91%), Vitamin B2: 0.13mg (7.6%), Magnesium: 24.16mg (6.04%), Phosphorus: 50.4mg (5.04%), Calcium: 44.03mg (4.4%), Folate: 17.05µg (4.26%), Vitamin B1: 0.06mg (4.09%), Iron: 0.7mg (3.87%), Selenium: 2.31µg (3.3%), Vitamin B6: 0.07mg (3.28%), Vitamin B3: 0.64mg (3.18%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.47mg (3.16%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.2mg (2.03%)