

Perigord Fondue



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces processed cheese food white grated
- ☐ 4 servings old "chewy" bread soft toasted
- ☐ 1 clove garlic smashed
- ☐ 1 pinch coarsely ground pepper black
- ☐ 7 ounces parmesan cheese grated
- ☐ 1 tablespoon truffle oil
- ☐ 2 cups white wine

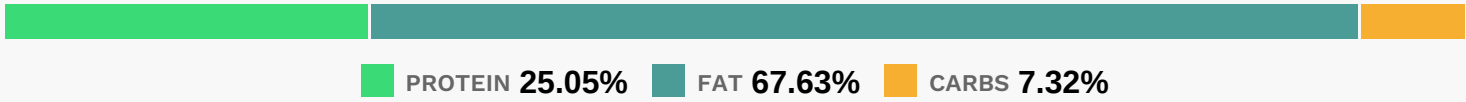
Equipment

☐ pot

Directions

- ☐ Heat the wine and garlic in a 2-quart cast iron pot over medium heat.
- ☐ Add the American cheese and Parmesan cheese. Stir to combine until the cheeses melt completely, about 5 minutes. Stir in the truffle oil and season with pepper.
- ☐ Serve with salad greens and bread.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.54, Inflammation Score:-8, Nutrition Score:17.279130483451%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 541.75kcal (27.09%), Fat: 34.37g (52.88%), Saturated Fat: 18.87g (117.92%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 8.35g (3.03%), Sugar: 2.84g (3.15%), Cholesterol: 90.43mg (30.14%), Sodium: 1758.82mg (76.47%), Alcohol: 12.36g (100%), Alcohol %: 5.79% (100%), Protein: 28.65g (57.3%), Calcium: 1197.41mg (119.74%), Phosphorus: 746.13mg (74.61%), Selenium: 23µg (32.86%), Vitamin A: 1377.88IU (27.56%), Vitamin B12: 1.45µg (24.1%), Zinc: 3.01mg (20.09%), Vitamin B2: 0.34mg (19.78%), Magnesium: 53.2mg (13.3%), Manganese: 0.25mg (12.4%), Vitamin C: 9.51mg (11.53%), Vitamin B6: 0.18mg (8.86%), Potassium: 277.86mg (7.94%), Iron: 1.37mg (7.64%), Vitamin E: 1.07mg (7.12%), Folate: 24.04µg (6.01%), Vitamin B5: 0.56mg (5.6%), Vitamin K: 4.96µg (4.72%), Vitamin D: 0.59µg (3.92%), Copper: 0.07mg (3.47%), Vitamin B1: 0.05mg (3.16%), Vitamin B3: 0.53mg (2.66%)