



Pilsen-port Swiss Fondue

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



333 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pinch ground nutmeg
- ☐ 0.3 cup pilsner dark
- ☐ 0.3 cup port wine
- ☐ 1 pound sourdough bread cubed
- ☐ 1.5 cups swiss cheese shredded

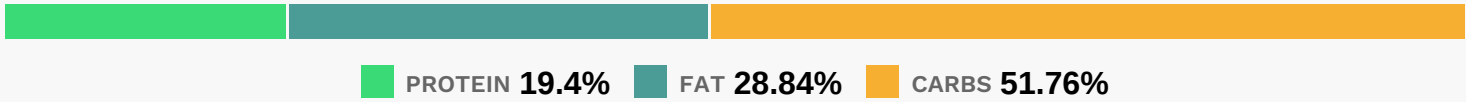
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a pan over medium heat, and pour in the port wine. When the wine is heated, pour in the beer.
- ☐ Sprinkle in the nutmeg, and simmer for about 5 minutes to burn off the fumes.
- ☐ Whisk in the cheese a small amount at a time until smooth.
- ☐ Remove from heat, and let stand for a minute. (A good time to drink the rest of the beer.)
- ☐ Serve with chunks of sourdough bread.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:30.53, Inflammation Score:-5, Nutrition Score:13.212608726533%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 332.84kcal (16.64%), Fat: 10.26g (15.78%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 41.43g (13.81%), Net Carbohydrates: 39.73g (14.45%), Sugar: 4.32g (4.8%), Cholesterol: 25.11mg (8.37%), Sodium: 506.37mg (22.02%), Alcohol: 1.91g (100%), Alcohol %: 1.98% (100%), Protein: 15.53g (31.06%), Selenium: 29.86µg (42.66%), Vitamin B1: 0.54mg (36.17%), Calcium: 281.11mg (28.11%), Vitamin B2: 0.41mg (24.06%), Folate: 96.13µg (24.03%), Phosphorus: 236.99mg (23.7%), Manganese: 0.41mg (20.75%), Vitamin B3: 3.73mg (18.67%), Iron: 3.02mg (16.79%), Vitamin B12: 0.82µg (13.62%), Zinc: 1.98mg (13.18%), Magnesium: 34.9mg (8.72%), Fiber: 1.7g (6.79%), Copper: 0.13mg (6.72%), Vitamin B6: 0.1mg (5.23%), Vitamin A: 224.27IU (4.49%), Vitamin B5: 0.38mg (3.76%), Potassium: 120.06mg (3.43%), Vitamin E: 0.32mg (2.14%)