



Porcini Fondue with Ham and Ciabatta

READY IN



45 min.

SERVINGS



6

CALORIES



1144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cheese packed grated
- 1 pound bread crumbs cut into 1-inch cubes
- 2 teaspoons cornstarch
- 1 ounce the following: parmesan rind) dried
- 1 garlic clove minced
- 2 cups gruyere cheese packed grated
- 2 pounds deli honey ham cut into 1-inch pieces
- 1 tablespoon sauvignon blanc white wine dry white
- 1 cup water hot

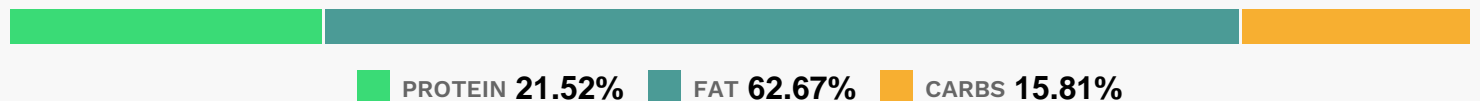
Equipment

- bowl
- frying pan
- sauce pan
- pot
- slotted spoon

Directions

- Place 1 cup hot water in small bowl; add dried porcini.
- Let stand until mushrooms are soft, about 25 minutes.
- Remove mushrooms from water with slotted spoon; finely chop.
- Transfer soaking liquid to large skillet, leaving sediment behind.
- Add garlic and chopped mushrooms. Simmer over medium heat until almost all liquid is absorbed, about 4 minutes. Season to taste with salt and pepper.
- Place fondue pot onto stand; light candle or Sterno.
- Mix 1 tablespoon wine and cornstarch in small bowl. Bring remaining 1 1/4 cups wine to simmer in heavy large saucepan over medium-high heat.
- Add cheeses by small handfuls, stirring until melted.
- Add cornstarch mixture. Bring to simmer. Stir until fondue thickens slightly and begins to bubble, about 2 minutes. Season to taste with pepper.
- Pour fondue into prepared pot. Swirl in porcini mushrooms.
- Serve with ciabatta and ham for dipping.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:29.830434659253%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1143.92kcal (57.2%), Fat: 79.11g (121.71%), Saturated Fat: 39.12g (244.47%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 41.72g (15.17%), Sugar: 23.75g (26.39%), Cholesterol: 179.81mg (59.94%), Sodium: 2638.42mg (114.71%), Alcohol: 0.26g (100%), Alcohol %: 0.09% (100%), Protein: 61.11g (122.23%), Phosphorus: 804.99mg (80.5%), Selenium: 53.63µg (76.61%), Calcium: 723.91mg (72.39%), Vitamin B1: 1.07mg (71.14%), Vitamin B3: 10.88mg (54.41%), Zinc: 7.13mg (47.53%), Vitamin B2: 0.75mg (44.21%), Vitamin B12: 2.07µg (34.52%), Vitamin B6: 0.69mg (34.4%), Vitamin B5: 2.13mg (21.31%), Potassium: 735.62mg (21.02%), Copper: 0.4mg (20.21%), Magnesium: 74.37mg (18.59%), Folate: 72.19µg (18.05%), Iron: 3.13mg (17.39%), Vitamin A: 794.59IU (15.89%), Fiber: 3.21g (12.82%), Vitamin D: 1.73µg (11.55%), Vitamin E: 0.95mg (6.34%), Manganese: 0.1mg (4.83%), Vitamin K: 2.1µg (2%)