



WHATSheATE



Quick Cheese Fondue



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 2 apples sliced
- ☐ 6 slices walnut bread
- ☐ 0.5 pound slightly oozy brie cheese
- ☐ 12 servings coarsely ground pepper black
- ☐ 2 pears sliced

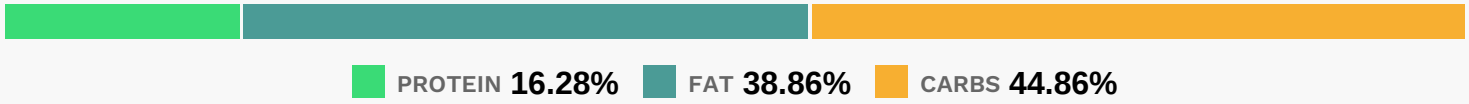
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 50
- ☐ Put brie in a 2- to 3-cup shallow baking dish and bake until melted, 4 to 5 minutes. Grind pepper on top. Set dish on a heatproof surface and serve with fruit and bread.

Nutrition Facts



Properties

Glycemic Index:15.53, Glycemic Load:6.03, Inflammation Score:-2, Nutrition Score:4.6565217557161%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 134.42kcal (6.72%), Fat: 5.97g (9.18%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 13.26g (4.82%), Sugar: 6.94g (7.71%), Cholesterol: 18.9mg (6.3%), Sodium: 185.72mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Manganese: 0.21mg (10.55%), Selenium: 6.81µg (9.72%), Fiber: 2.23g (8.93%), Vitamin B2: 0.15mg (8.78%), Folate: 27.19µg (6.8%), Phosphorus: 60.65mg (6.06%), Calcium: 57.21mg (5.72%), Vitamin B1: 0.08mg (5.31%), Vitamin B12: 0.31µg (5.2%), Vitamin B3: 0.93mg (4.65%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.08mg (4.06%), Iron: 0.7mg (3.88%), Potassium: 116.67mg (3.33%), Magnesium: 13.28mg (3.32%), Vitamin C: 2.7mg (3.27%), Vitamin K: 3.26µg (3.1%), Copper: 0.06mg (2.91%), Vitamin B5: 0.28mg (2.8%), Vitamin A: 136.51IU (2.73%), Vitamin E: 0.16mg (1.09%)