


HEALTH SCORE **37%**

Simple and Delicious Cheese Fondue

READY IN

**65 min.**

SERVINGS

**8**

CALORIES

**977 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 baby potatoes red
- 2 bread french baguette-style cut into cubes
- 12 ounce pickled cucumbers / gherkins
- 2 tablespoons cornstarch
- 3 cups wine dry white
- 1 pound swiss cheese shredded
- 2 cloves garlic minced
- 1 teaspoon nutmeg
- 1 pound gruyere cheese shredded

- 5 teaspoons kirsch liqueur
- 16 ounce pearl onions drained
- 2 teaspoons salt
- 2 quarts water to cover

Equipment

- bowl
- sauce pan
- whisk
- pot

Directions

- Place potatoes into a large pot with enough water to cover; stir in salt. Bring the water to a boil; reduce heat to medium-low, cover, and cook until tender, about 20 minutes.
- Drain potatoes, and set aside.
- Stir the cornstarch and kirsch liqueur together in a small bowl until it forms a paste; set aside.
- Combine the white wine and garlic in a large saucepan over medium heat; bring to a simmer. Slowly whisk in the Emmentaler and Gruyere cheese, about 1/2 cup at a time, allowing each batch to melt before mixing in the next. Stir in a random pattern to prevent cheese from clumping into a ball.
- Whisk in cornstarch mixture and nutmeg to the cheese sauce; stir and cook at a simmer until thickened, 8 to 10 minutes.
- Transfer the cheese mixture to a fondue pot.
- Serve with the cooked red potatoes and French bread for dipping; garnish with pearl onions and cornichons.

Nutrition Facts



PROTEIN 20.79% **FAT 38.29%** **CARBS 40.92%**

Properties

Glycemic Index:43.53, Glycemic Load:63.35, Inflammation Score:-9, Nutrition Score:39.198260742685%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg

Nutrients (% of daily need)

Calories: 976.78kcal (48.84%), Fat: 38.7g (59.54%), Saturated Fat: 21.72g (135.75%), Carbohydrates: 93.06g (31.02%), Net Carbohydrates: 85.61g (31.13%), Sugar: 9.93g (11.04%), Cholesterol: 115.1mg (38.37%), Sodium: 2235.84mg (97.21%), Alcohol: 10.31g (100%), Protein: 47.29g (94.59%), Calcium: 1179.9mg (117.99%), Phosphorus: 909.9mg (90.99%), Selenium: 54.93µg (78.48%), Vitamin B1: 0.92mg (61.19%), Manganese: 1mg (49.98%), Vitamin B2: 0.84mg (49.7%), Vitamin C: 37.96mg (46.01%), Vitamin B12: 2.62µg (43.66%), Folate: 172.96µg (43.24%), Zinc: 6.47mg (43.14%), Vitamin B6: 0.81mg (40.74%), Vitamin B3: 6.86mg (34.28%), Iron: 5.96mg (33.1%), Magnesium: 129.22mg (32.3%), Potassium: 1071.05mg (30.6%), Fiber: 7.46g (29.82%), Vitamin K: 26.8µg (25.53%), Copper: 0.48mg (24.24%), Vitamin A: 1094.15IU (21.88%), Vitamin B5: 1.52mg (15.24%), Vitamin E: 0.78mg (5.17%), Vitamin D: 0.34µg (2.27%)