



Swiss Cheese Fondue

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth organic swanson® (Regular, Natural or Certified)
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 servings bread french cubed
- ☐ 1 clove garlic halved
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 servings ground pepper black to taste
- ☐ 1 tablespoon juice of lemon

☐

1 pound swiss cheese shredded at room temperature

Equipment

☐

sauce pan

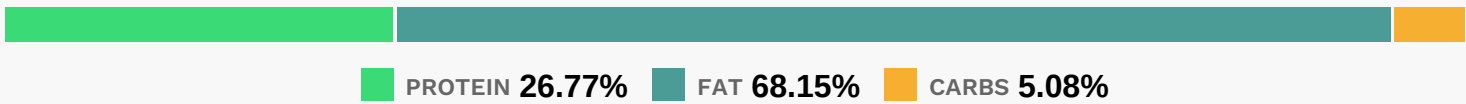
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pot

Directions

- ☐
- Blend 1/4 cup broth into cornstarch; set aside.
- ☐
- Rub fondue pot or saucepan with cut sides of garlic; discard garlic.
- ☐
- Add remaining 3/4 cup broth and wine to fondue pot.
- ☐
- Heat over medium heat until hot but not bubbling.
- ☐
- Add lemon juice.
- ☐
- Add cheese, a little at a time, stirring until cheese melts before adding more.
- ☐
- Add cornstarch mixture and heat to a boil. Reduce heat and cook for 1 minute.
- ☐
- Season with nutmeg and pepper. Keep warm.
- ☐
- Serve with bread cubes for dipping.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:11.703478123831%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 325.64kcal (16.28%), Fat: 23.58g (36.28%), Saturated Fat: 13.79g (86.21%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.87g (1.41%), Sugar: 0.5g (0.55%), Cholesterol: 71.09mg (23.7%), Sodium: 292.45mg (12.72%), Alcohol: 2.06g (100%), Alcohol %: 1.86% (100%), Protein: 20.84g (41.69%), Calcium: 678.39mg (67.84%), Phosphorus: 441.63mg (44.16%), Vitamin B12: 2.29µg (38.18%), Selenium: 23.33µg (33.34%), Zinc: 3.38mg (22.51%), Vitamin B2: 0.26mg (15.33%), Vitamin A: 629.08IU (12.58%), Magnesium: 28.3mg (7.07%), Manganese: 0.08mg (3.75%), Vitamin B6: 0.07mg (3.59%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.48mg (3.18%), Copper: 0.05mg (2.42%), Potassium: 82.34mg (2.35%), Folate: 8.83µg (2.21%), Vitamin B1: 0.03mg (1.78%), Iron: 0.25mg (1.38%), Vitamin C: 1.13mg (1.36%), Vitamin K: 1.32µg (1.25%), Vitamin B3: 0.21mg (1.04%)