



Two-Cheese-and-Honey Fondue

READY IN



23 min.

SERVINGS



23

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 23 servings ciabatta bread cubed sliced
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon honey
- ☐ 8 oz freshly jarlsberg cheese shredded
- ☐ 0.3 teaspoon freshly cracked pepper
- ☐ 2 oz freshly swiss cheese shredded

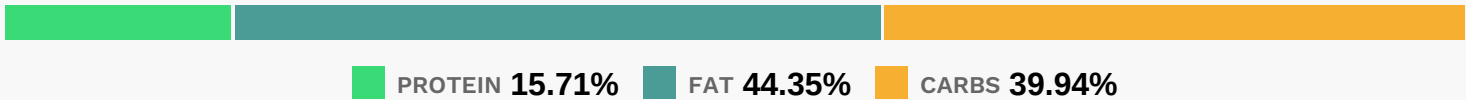
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring heavy cream, chicken broth, and honey to a boil over medium-high heat; reduce heat to medium-low, and simmer.
- ☐ Meanwhile, combine cheeses, flour, mustard, and pepper in a large bowl. Slowly whisk cheese mixture into simmering broth until melted and smooth.
- ☐ Transfer to fondue pot; keep warm.
- ☐ Serve with desired accompaniments.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:1.15, Inflammation Score:-1, Nutrition Score:1.4765217220006%

Nutrients (% of daily need)

Calories: 152.69kcal (7.63%), Fat: 7.56g (11.63%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 14.96g (5.44%), Sugar: 1.1g (1.22%), Cholesterol: 21.23mg (7.08%), Sodium: 245.92mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Calcium: 100mg (10%), Vitamin A: 243.34IU (4.87%), Vitamin B2: 0.04mg (2.36%), Selenium: 1.61µg (2.3%), Phosphorus: 22.28mg (2.23%), Vitamin B12: 0.09µg (1.55%), Fiber: 0.35g (1.42%), Vitamin D: 0.17µg (1.1%), Vitamin B1: 0.02mg (1.02%), Zinc: 0.15mg (1.02%)