



Voodoo Fondue

READY IN



45 min.

SERVINGS



8

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 apples cut into wedges
- 1 head cauliflower
- 0.1 teaspoon cayenne pepper
- 1.5 cups cooking wine dry white
- 2.5 tablespoons flour
- 1 large clove garlic crushed
- 1 bunch grapes green
- 1 cup gruyere cheese shredded
- 2 tablespoons kirsch liqueur

- 1 cup monterey jack shredded
- 0.1 teaspoon nutmeg
- 2 ounces pancetta sliced
- 8 slices pumpernickel bread
- 1 bunch grapes red
- 8 servings salt and pepper
- 2 cups swiss cheese shredded

Equipment

- bowl
- sauce pan
- whisk
- pot

Directions

- Make fondue: Bring wine and garlic to a boil in a medium saucepan; reduce to about 1 cup. Simmer over medium heat for 1 minute.
- Toss cheeses with flour. Gradually whisk into wine, 1 scant cup at a time, whisking constantly until cheese melts before adding more.
- Add liqueur, if using, cayenne and nutmeg; season with salt and pepper. Simmer over medium-low heat until thickened and smooth, about 2 minutes.
- Transfer to a warm fondue pot and keep warm.
- Make Creepy Dippers: Wrap strips of prosciutto around apple to make Apple Mummies.
- Cut bat shapes out of bread and toast to make Bat Bread.
- Combine grapes in a bowl for Grape Eyeballs.
- Cut and blanch cauliflower florets to make Blanched Brains. Keep cheese warm and stir as you eat.

Nutrition Facts



■ PROTEIN 19.44% ■ FAT 45.32% ■ CARBS 35.24%

Properties

Glycemic Index:61, Glycemic Load:14.66, Inflammation Score:-7, Nutrition Score:19.894347818001%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 469.49kcal (23.47%), Fat: 22.2g (34.16%), Saturated Fat: 11.96g (74.74%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 33.33g (12.12%), Sugar: 15.31g (17.02%), Cholesterol: 60.51mg (20.17%), Sodium: 709.49mg (30.85%), Alcohol: 5.61g (100%), Alcohol %: 2.22% (100%), Protein: 21.44g (42.87%), Calcium: 562.84mg (56.28%), Vitamin C: 38.93mg (47.19%), Phosphorus: 441.71mg (44.17%), Selenium: 23.2µg (33.15%), Manganese: 0.66mg (32.97%), Vitamin B2: 0.39mg (22.86%), Fiber: 5.53g (22.1%), Folate: 84.84µg (21.21%), Zinc: 3.13mg (20.84%), Vitamin B12: 1.23µg (20.53%), Vitamin K: 18.89µg (17.99%), Vitamin B6: 0.32mg (15.95%), Vitamin B1: 0.23mg (15.35%), Magnesium: 58.52mg (14.63%), Potassium: 510.53mg (14.59%), Vitamin A: 562.48IU (11.25%), Copper: 0.21mg (10.61%), Iron: 1.85mg (10.3%), Vitamin B3: 2mg (10.02%), Vitamin B5: 0.98mg (9.76%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.21µg (1.41%)