

Wine Fondue

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 peppercorns black crushed
- 1 teaspoon celery salt
- 1 stick piece cinnamon (2 inch)
- 0.3 teaspoon garlic salt
- 0.3 teaspoon ground coriander
- 1 teaspoon salt
- 1 teaspoon sugar
- 750 milliliter white wine

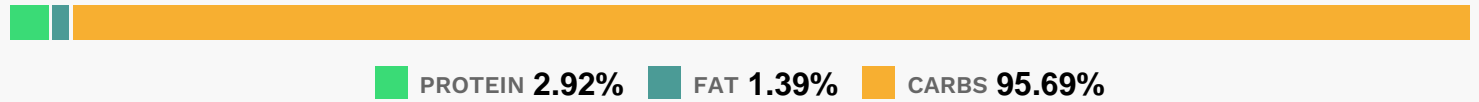
Equipment

- frying pan
- sauce pan
- sieve
- colander
- cheesecloth

Directions

- Pour wine into a saucepan, and season with cinnamon stick, coriander, pepper, cloves, sugar, salt, celery salt, and garlic salt.
- Let sit for 1 hour, then bring to a boil. Filter through a fine sieve or colander lined with cheesecloth, and transfer to the fondue pan. Bring to a boil before using.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:2.460869545198%

Flavonoids

Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 162.98kcal (8.15%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.29g (2.29%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 1317.78mg (57.29%), Alcohol: 19.59g (100%), Alcohol %: 12.68% (100%), Protein: 0.21g (0.42%), Manganese: 0.41mg (20.65%), Magnesium: 20.42mg (5.1%), Vitamin B6: 0.1mg (4.86%), Potassium: 144.01mg (4.11%), Iron: 0.64mg (3.57%), Phosphorus: 35.7mg (3.57%), Calcium: 28.7mg (2.87%), Fiber: 0.58g (2.32%), Vitamin B2: 0.03mg (1.76%), Zinc: 0.26mg (1.71%), Vitamin K: 1.44µg (1.37%), Vitamin B3: 0.22mg (1.11%)