

Baked Fontina

 Vegetarian

READY IN



21 min.

SERVINGS



6

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 crusty baguette french
- 1 teaspoon pepper black freshly ground
- 1.5 pounds fontina val d'aosta cheese italian
- 1 teaspoon rosemary leaves fresh minced
- 1 tablespoon thyme leaves fresh minced
- 6 garlic cloves thinly sliced
- 1 teaspoon kosher salt
- 0.3 cup olive oil good

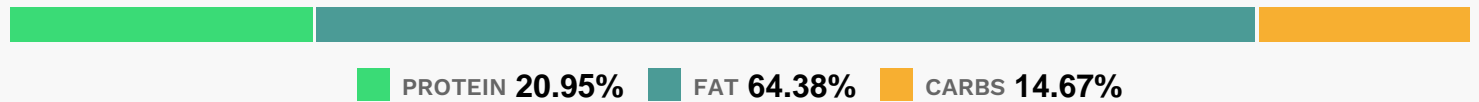
Equipment

- frying pan
- oven
- broiler

Directions

- Watch how to make this recipe.
- Preheat the broiler and position the oven rack 5 inches from the heat.
- Distribute the cubes of Fontina evenly in a 12-inch cast-iron pan.
- Drizzle on the olive oil.
- Combine the garlic, thyme, and rosemary and sprinkle it over the cheese and olive oil.
- Sprinkle with the salt and pepper and place the pan under the broiler for 6 minutes, until the cheese is melted and bubbling and starts to brown.
- Serve the baked Fontina family-style-right out of the oven in the cast-iron pan with crusty chunks of bread for everyone to dip.

Nutrition Facts



Properties

Glycemic Index:34.29, Glycemic Load:14.6, Inflammation Score:-9, Nutrition Score:16.800869506338%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 635.1kcal (31.76%), Fat: 45.45g (69.92%), Saturated Fat: 23.25g (145.34%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 22.11g (8.04%), Sugar: 3.74g (4.16%), Cholesterol: 131.54mg (43.85%), Sodium: 1553.13mg (67.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.55%), Calcium: 679.45mg

(67.95%), Phosphorus: 438.3mg (43.83%), Selenium: 24.05µg (34.36%), Vitamin B12: 1.91µg (31.75%), Zinc: 4.36mg (29.06%), Vitamin B2: 0.37mg (22.03%), Vitamin A: 1093.33IU (21.87%), Vitamin B1: 0.27mg (18.22%), Manganese: 0.32mg (16.15%), Folate: 52.08µg (13.02%), Vitamin E: 1.73mg (11.53%), Iron: 2.04mg (11.33%), Vitamin B3: 2.11mg (10.54%), Vitamin K: 10.21µg (9.73%), Vitamin B6: 0.18mg (8.99%), Magnesium: 29.92mg (7.48%), Vitamin B5: 0.67mg (6.71%), Copper: 0.1mg (4.95%), Fiber: 1.19g (4.75%), Vitamin D: 0.68µg (4.54%), Potassium: 148.09mg (4.23%), Vitamin C: 2.81mg (3.4%)