



## Brie Raclette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds round of président brie
- ☐ 1.5 pounds broccoli thick cut into florets ( 1 1/2 quarts)
- ☐ 2 tablespoons cooking oil
- ☐ 1.5 pounds potato boiling cut into 1-inch pieces
- ☐ 0.5 cup onion
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds mushrooms halved quartered

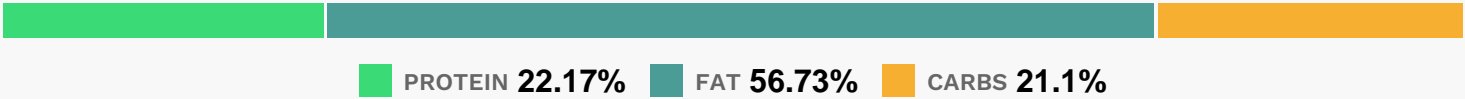
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ slotted spoon

## Directions

- ☐ Heat the oven to 40
- ☐ Cut the Brie into thin slices and divide the cheese among four small ovenproof dishes or ramekins.
- ☐ Put the potatoes in a large saucepan of salted water. Bring to a boil and simmer for 10 minutes.
- ☐ Add the broccoli florets to the pan and simmer until the potatoes and broccoli are tender, about 5 minutes longer.
- ☐ Remove the broccoli with a slotted spoon and drain on paper towels.
- ☐ Drain the potatoes and, if using new potatoes, cut them in quarters when cool enough to handle.
- ☐ Meanwhile, toss the mushrooms with the oil and salt.
- ☐ Put the mushrooms on a baking sheet and roast until browned and tender, turning once, 10 to 15 minutes.
- ☐ Remove the pan from the oven and then turn the oven off.
- ☐ Put the dishes of cheese in the oven and leave until the cheese just melts, 5 to 10 minutes. Meanwhile, pile the potatoes, broccoli, mushrooms, and cocktail onions on individual plates.
- ☐ Serve each portion of melted Brie immediately, along with the vegetables for dipping.
- ☐ Wine Recommendation: The wines of the Loire Valley in France are frequently overlooked by serious imbibers, but its elegant cabernet-franc-based reds are often more suitable at the table than more robust cabernet sauvignons. Go for a fruity Chinon or Saumur-Champigny.
- ☐ Notes: Cocktail onions, most frequently found in your martini glass, can stand on their own as a pickle. Their slight crunch and pleasant tartness make them surprisingly tasty with Brie.

# Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:4.05, Inflammation Score:-10, Nutrition Score:49.419565097145%

## Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 13.47mg, Kaempferol: 13.47mg, Kaempferol: 13.47mg, Kaempferol: 13.47mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg

## Nutrients (% of daily need)

Calories: 852.33kcal (42.62%), Fat: 55.58g (85.51%), Saturated Fat: 30.46g (190.37%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 37.16g (13.51%), Sugar: 10.07g (11.19%), Cholesterol: 170.1mg (56.7%), Sodium: 1456.65mg (63.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.87g (97.74%), Vitamin C: 171.41mg (207.77%), Vitamin K: 187.42µg (178.49%), Vitamin B2: 1.83mg (107.38%), Folate: 281.06µg (70.26%), Phosphorus: 687.89mg (68.79%), Selenium: 45.69µg (65.27%), Potassium: 2140.17mg (61.15%), Vitamin B6: 1.19mg (59.37%), Vitamin B5: 5.19mg (51.94%), Vitamin B3: 9.85mg (49.26%), Vitamin B12: 2.87µg (47.91%), Copper: 0.89mg (44.63%), Calcium: 419.82mg (41.98%), Vitamin A: 2078.99IU (41.58%), Zinc: 6.23mg (41.51%), Manganese: 0.76mg (38.07%), Fiber: 9.36g (37.42%), Vitamin B1: 0.52mg (34.97%), Magnesium: 124.48mg (31.12%), Iron: 4.23mg (23.49%), Vitamin E: 3mg (19.99%), Vitamin D: 1.19µg (7.94%)