



Drunken Cheesy Bread

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 baguette cut into 2-inch slices
- ☐ 0.5 teaspoon pepper black
- ☐ 6 servings butter for the pan
- ☐ 0.1 pound ham cooked thinly sliced
- ☐ 6 ounces gruyere cheese grated
- ☐ 0.8 cup white wine
- ☐ 0.5 small onion yellow thinly sliced

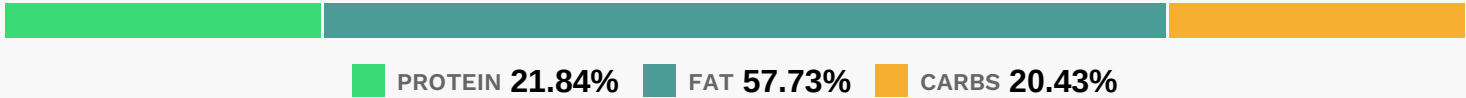
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400 F.
- ☐ Place the bread in a buttered ovenproof skillet, a 9-inch square baking dish, or a casserole. Scatter the onion and ham over the bread.
- ☐ Pour the wine over the onion and ham and sprinkle with the pepper and Gruyre.
- ☐ Bake until the cheese has melted and begun to brown at the edges, about 20 minutes. Spoon onto individual plates.Tip: If you don't have Gruyre, you can substitute Swiss, Monterey Jack, fontina, or white Cheddar.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:7.14, Inflammation Score:-4, Nutrition Score:7.6591304022333%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 248.32kcal (12.42%), Fat: 14.51g (22.33%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 10.98g (3.99%), Sugar: 1.62g (1.8%), Cholesterol: 48.83mg (16.28%), Sodium: 474.23mg (20.62%), Alcohol: 3.09g (100%), Alcohol %: 3.93% (100%), Protein: 12.35g (24.7%), Calcium: 314.75mg (31.48%), Phosphorus: 227.45mg (22.75%), Selenium: 9.68µg (13.83%), Vitamin B1: 0.19mg (12.86%), Vitamin B2: 0.18mg (10.38%), Zinc: 1.53mg (10.22%), Vitamin B12: 0.6µg (9.92%), Manganese: 0.17mg (8.49%), Vitamin A: 394.73IU (7.89%), Vitamin B3: 1.35mg (6.77%), Folate: 27µg (6.75%), Magnesium: 21.58mg (5.39%), Iron: 0.96mg (5.32%), Vitamin B6: 0.09mg (4.57%), Vitamin B5: 0.35mg (3.49%), Vitamin C: 2.63mg (3.19%), Potassium: 108.58mg (3.1%), Copper: 0.05mg (2.54%), Fiber: 0.58g (2.32%), Vitamin K: 2.16µg (2.05%), Vitamin E: 0.26mg (1.72%), Vitamin D: 0.17µg (1.13%)