



## Frico and Soppessata Chips

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



271 kcal

SIDE DISH

### Ingredients

- 1 pound asiago cheese shredded
- 12 servings optional seasonings: sesame seeds toasted finely chopped
- 0.5 pound soppessata very thinly sliced

### Equipment

- bowl
- frying pan
- baking sheet
- paper towels

- oven
- wax paper
- spatula

## Directions

- Preheat the oven to 35
- Line 2 large rimmed baking sheets with parchment or wax paper.
- Cut 4 more sheets of parchment to fit the baking sheets. Arrange half of the soppressata slices in a single layer on the 2 baking sheets. Cover with another sheet of parchment and the remaining half of the soppressata slices, then a final layer of parchment.
- Bake the soppressata for 20 minutes, or until the slices are sizzling and most of the fat has been rendered.
- Transfer the soppressata slices to paper towels and blot the tops, then transfer them to a plate to cool and crisp up.
- Sprinkle 6 tablespoon-size mounds of the cheese in a large nonstick skillet. Top each mound with a pinch of the seasonings, if using. Cook the frico chips over moderately high heat until the cheese is lacy and slightly set. Using a thin, flexible metal spatula, loosen and flip each frico and cook for 1 minute longer, or until crisp and golden.
- Transfer the frico chips to paper towels to drain, then transfer to a plate to cool and crisp up. Wipe out the skillet and repeat with the remaining cheese and seasonings.
- Serve the frico and soppressata chips in a large bowl.
- Make Ahead: The frico and soppressata chips can be stored in an airtight container for 1 day.
- Wine Recommendation: A crisp nonvintage sparkling wine, such as the Green Point Brut from Australia or the Zardetto Prosecco di Conegliano Brut from Italy, would counterbalance the saltiness and seasonings of the cheese and sausage.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:11.513043520243%

## Nutrients (% of daily need)

Calories: 270.94kcal (13.55%), Fat: 20.11g (30.94%), Saturated Fat: 9.01g (56.29%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.33g (0.36%), Cholesterol: 40.63mg (13.54%), Sodium: 1033.56mg (44.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.2g (38.4%), Calcium: 528mg (52.8%), Phosphorus: 355.93mg (35.59%), Selenium: 16.06µg (22.94%), Copper: 0.37mg (18.44%), Vitamin B1: 0.25mg (16.92%), Vitamin B12: 0.98µg (16.38%), Zinc: 2.45mg (16.36%), Magnesium: 48.87mg (12.22%), Vitamin B2: 0.21mg (12.21%), Manganese: 0.22mg (10.88%), Vitamin B6: 0.2mg (10.08%), Iron: 1.72mg (9.55%), Vitamin B3: 1.52mg (7.61%), Vitamin A: 295.93IU (5.92%), Potassium: 143.66mg (4.1%), Fiber: 0.94g (3.78%), Vitamin B5: 0.38mg (3.76%), Folate: 10.78µg (2.7%), Vitamin D: 0.19µg (1.26%)