



## Fried Almond-crusted Jack

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup almonds finely chopped
- 8 oz baguette
- 1 large eggs beaten to blend
- 0.8 cup flour all-purpose
- 0.8 lb wedge jack cheese dry
- 1 tablespoon olive oil
- 1 tablespoon salad oil

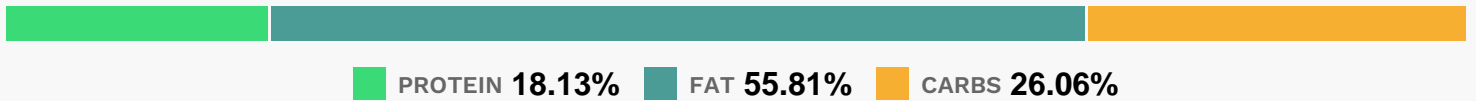
### Equipment

- frying pan
- oven
- knife
- spatula
- peeler

## Directions

- Cut baguette into 1/2-inch-thick slices and lay in a single layer in a 10- by 15-inch pan.
- Bake in a 350 oven until golden, about 15 minutes.
- Meanwhile, with a knife or vegetable peeler, cut off and discard dark coating on cheese. Set cheese wedge on a flat side and cut 6 to 8 triangles of equal thickness.
- Place flour, egg, and almonds on separate plates. Coat each cheese slice with flour, then egg, then almonds.
- Lay slices in a single layer.
- Set an 11- to 12-inch frying pan over medium heat. When the pan is hot, add salad oil and olive oil.
- Lay the cheese slices in pan without crowding, and brown the slices on each side, 10 to 12 minutes total. With a wide spatula, transfer browned cheese to warm plate. Spoon cheese onto toast slices and eat.

## Nutrition Facts



## Properties

Glycemic Index:22.97, Glycemic Load:16.03, Inflammation Score:-5, Nutrition Score:14.129565290783%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 392.2kcal (19.61%), Fat: 24.56g (37.78%), Saturated Fat: 9.37g (58.56%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 23.22g (8.44%), Sugar: 2.18g (2.42%), Cholesterol: 61.1mg (20.37%), Sodium: 439.62mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.9%), Calcium: 388.34mg (38.83%), Phosphorus: 305.26mg (30.53%), Vitamin B2: 0.5mg (29.18%), Vitamin E: 4.26mg (28.37%), Manganese: 0.52mg (26.21%), Selenium: 17.48µg (24.98%), Vitamin B1: 0.29mg (19.56%), Folate: 68.27µg (17.07%), Magnesium: 58.38mg (14.59%), Zinc: 2.08mg (13.87%), Iron: 2.44mg (13.58%), Vitamin B3: 2.51mg (12.54%), Copper: 0.21mg (10.37%), Fiber: 2.59g (10.35%), Vitamin A: 360.9IU (7.22%), Vitamin B12: 0.41µg (6.81%), Potassium: 189.05mg (5.4%), Vitamin B6: 0.1mg (4.86%), Vitamin K: 4.27µg (4.07%), Vitamin B5: 0.41mg (4.06%), Vitamin D: 0.38µg (2.53%)