



Fried Provolone: Formaggio Fritto

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices peasant bread italian or any other crusty bread cut 1 1/2
- ☐ 6 servings flour for dredging
- ☐ 1 garlic clove
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon oregano flowers dried
- ☐ 2 pounds provolone cheese
- ☐ 0.5 cup citrus champagne vinegar

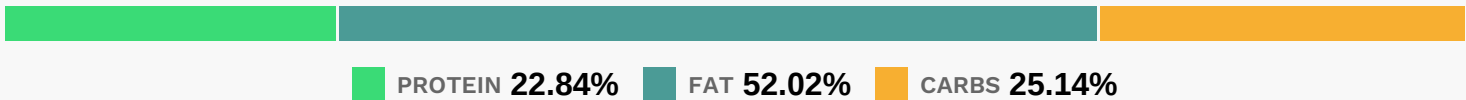
Equipment

- ☐ frying pan
- ☐ grill
- ☐ spatula

Directions

- ☐ Cut the cheese into 6 slices, each about 3/4-inch thick. Using your palms, press flour onto each side of each cheese slice, shaking off any extra and set the cheese slices aside.
- ☐ Brush the bread slices with a little olive oil and grill on both sides.
- ☐ In a 12 to 14-inch saute pan, heat the olive oil over high heat.
- ☐ Place the cheese in the pan in a single layer. Cook cheese until a brown crust develops. Turn the cheese over with a spatula and sprinkle with a pinch of oregano flowers. Cook for 2 minutes more.
- ☐ Drain some fat from he pan, add 1/4 cup white wine vinegar and let it flame. When the flames
- ☐ subside, add another 1/4 cup vinegar and remove cheese to warm plates.
- ☐ Rub the grilled bread slices with the clove of garlic, add them to the platter, drizzle the platter with olive oil and sprinkle with more oregano.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:39.21, Inflammation Score:-9, Nutrition Score:28.710435009521%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 857.4kcal (42.87%), Fat: 49.37g (75.96%), Saturated Fat: 27.29g (170.56%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 51.46g (18.71%), Sugar: 4.83g (5.36%), Cholesterol: 104.33mg (34.78%), Sodium: 1614.96mg (70.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.77g (97.53%), Calcium: 1196.04mg (119.6%), Phosphorus: 850.49mg (85.05%), Selenium: 48.96µg (69.94%), Vitamin B2: 0.89mg (52.3%), Vitamin B1: 0.7mg (46.34%), Zinc: 5.84mg (38.96%), Vitamin B12: 2.21µg (36.79%), Folate: 134.61µg (33.65%), Manganese: 0.55mg

(27.38%), Vitamin A: 1336.25IU (26.73%), Iron: 4.73mg (26.28%), Vitamin B3: 4.81mg (24.05%), Magnesium: 73.11mg (18.28%), Vitamin B6: 0.21mg (10.73%), Vitamin E: 1.6mg (10.67%), Vitamin B5: 1.04mg (10.44%), Vitamin K: 10.24µg (9.75%), Potassium: 330.56mg (9.44%), Copper: 0.19mg (9.27%), Fiber: 2.23g (8.93%), Vitamin D: 0.76µg (5.04%)