



Grappa-Fontina Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



445 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup fontina shredded
- ☐ 1 tablespoon grappa
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 2 servings salt
- ☐ 1 tablespoon butter unsalted

Equipment

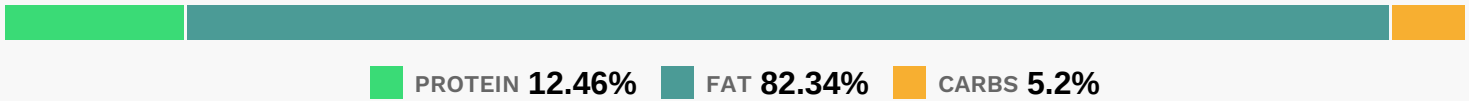
- ☐ sauce pan

☐ whisk

Directions

- ☐ In a small saucepan, bring the cream to a simmer over low heat. Stir in the butter until melted, then whisk in the Parmesan until smooth.
- ☐ Add the Fontina and cook, whisking, until the cheese is melted and the sauce is smooth, about 3 minutes.
- ☐ Remove from the heat, stir in the grappa and season the sauce lightly with salt.
- ☐ Serve at once.
- ☐ Make Ahead: The sauce can be kept at room temperature for up to 6 hours.
- ☐ Whisk over low heat to rewarm.
- ☐ Serve With: Twice-baked potatoes (small ones are best); cooked mild greens, such as spinach or Swiss chard; fresh fettuccine or pappardelle; broccoli; soft or fried polenta; baked tomatoes; braised endive

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:7.9508695239606%

Nutrients (% of daily need)

Calories: 444.69kcal (22.23%), Fat: 39.29g (60.44%), Saturated Fat: 24.32g (152.02%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 5.59g (2.03%), Sugar: 2.55g (2.83%), Cholesterol: 123.18mg (41.06%), Sodium: 780.13mg (33.92%), Alcohol: 3.03g (100%), Alcohol %: 3.31% (100%), Protein: 13.37g (26.75%), Calcium: 352.82mg (35.28%), Vitamin A: 1416.48IU (28.33%), Phosphorus: 251.78mg (25.18%), Selenium: 13µg (18.57%), Vitamin B2: 0.23mg (13.77%), Zinc: 1.81mg (12.06%), Vitamin B12: 0.72µg (12.03%), Vitamin D: 1.28µg (8.54%), Vitamin E: 0.88mg (5.88%), Magnesium: 15.37mg (3.84%), Potassium: 114.81mg (3.28%), Vitamin B5: 0.31mg (3.11%), Vitamin K: 3.25µg (3.09%), Vitamin B6: 0.05mg (2.75%), Vitamin B1: 0.02mg (1.5%), Folate: 5.08µg (1.27%), Manganese: 0.02mg (1.25%), Iron: 0.21mg (1.18%), Copper: 0.02mg (1.1%)