



Mozzarella Fonduta

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings serving suggestion: grilled bread
- ☐ 0.3 cup basil fresh chopped
- ☐ 7 ounce mozzarella cheese fresh sliced into six 1/4- to 1/3-inch-thick slices
- ☐ 2 ounces gruyere cheese shredded
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 4 ounces thinly- prosciutto chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 28 ounce tomato-basil sauce such as giada delaurentiis for target

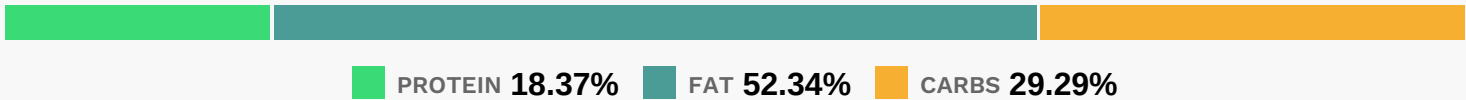
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ ramekin
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: six 5-ounce ramekins
- ☐ In a small saucepan, bring the tomato-basil sauce and red pepper flakes to a simmer over medium heat. Cook uncovered until thick, 20 to 25 minutes.
- ☐ Remove the pan from the heat and stir in the basil.
- ☐ Preheat the broiler.
- ☐ Place six 5-ounce ramekins on a baking sheet. Divide the sauce equally among the ramekins. Divide the prosciutto among the ramekins.
- ☐ Place the slices of mozzarella between 3 paper towels to absorb any excess moisture.
- ☐ Place the slices of mozzarella on top of the prosciutto. Season with salt and pepper.
- ☐ Sprinkle the Gruyere on top.
- ☐ Broil until the cheese is melted and golden brown, 5 to 8 minutes.
- ☐ Serve with grilled bread.

Nutrition Facts



Properties

Glycemic Index:31.28, Glycemic Load:7.36, Inflammation Score:-7, Nutrition Score:12.478695496269%

Nutrients (% of daily need)

Calories: 389.99kcal (19.5%), Fat: 22.42g (34.5%), Saturated Fat: 9.36g (58.5%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 22.78g (8.28%), Sugar: 11.52g (12.8%), Cholesterol: 49mg (16.33%), Sodium: 1032.64mg (44.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Calcium: 343.51mg (34.35%), Selenium: 18.9µg (27%), Vitamin A: 1217.22IU (24.34%), Phosphorus: 238.81mg (23.88%), Fiber: 5.45g (21.81%), Manganese: 0.37mg (18.72%), Vitamin B12: 1µg (16.66%), Potassium: 540.57mg (15.44%), Zinc: 1.87mg (12.43%), Vitamin B2: 0.21mg (12.26%), Vitamin B1: 0.18mg (12.25%), Vitamin B3: 2.4mg (12%), Iron: 2.08mg (11.58%), Vitamin C: 6.59mg (7.98%), Folate: 27.8µg (6.95%), Vitamin K: 6.88µg (6.55%), Magnesium: 24.82mg (6.21%), Vitamin B6: 0.11mg (5.33%), Vitamin B5: 0.44mg (4.39%), Copper: 0.06mg (3.14%), Vitamin E: 0.3mg (1.98%), Vitamin D: 0.26µg (1.76%)