



Parmesan and Smoky Paprika Frico

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounces parmesan cheese finely grated
- ☐ 4 teaspoons paprika smoked

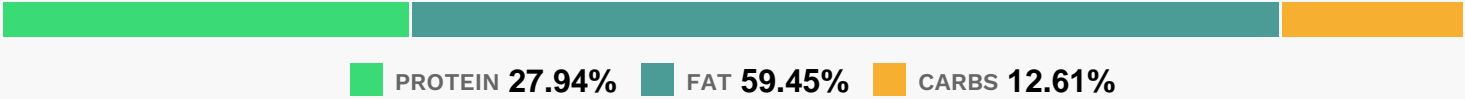
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Toss cheese and paprika in large bowl.
- ☐ Spray small nonstick skillet with nonstick spray.
- ☐ Place over medium-low heat. Drop 1/4 cup cheese mixture in mound in center of skillet.
- ☐ Spread to 3- to 4-inch round. Cook until completely melted, bubbling all over, and browning at edges, about 1 1/2 minutes.
- ☐ Remove pan from heat; let stand until bubbling stops. Loosen edges and turn frico over. Return pan to medium-low heat and cook frico until golden on bottom, about 1 minute.
- ☐ Transfer to paper towels to drain. Repeat with remaining cheese mixture. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Salty, smoky flavors need a crisp Pinot Grigio like the 2005 Blason (Italy, \$9).
- ☐ *Sometimes labeled Pimentón Dulce or Pimentón de La Vera Dulce; available at some supermarkets, at specialty foods stores, and from tienda.com.

Nutrition Facts



Properties

Glycemic Index:0.94, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.0504348424628%

Nutrients (% of daily need)

Calories: 105.84kcal (5.29%), Fat: 7.01g (10.78%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.07g (0.08%), Cholesterol: 21.58mg (7.19%), Sodium: 434.44mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Calcium: 220.43mg (22.04%), Phosphorus: 158.84mg (15.88%), Selenium: 8.71µg (12.45%), Vitamin A: 460.84IU (9.22%), Zinc: 1.1mg (7.3%), Vitamin B12: 0.33µg (5.58%), Vitamin B2: 0.09mg (5.4%), Magnesium: 9.57mg (2.39%), Vitamin E: 0.27mg (1.81%), Potassium: 57.04mg (1.63%), Vitamin B6: 0.03mg (1.54%), Manganese: 0.03mg (1.45%), Iron: 0.22mg (1.21%)