



Raclette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound raclette cheese (see notes)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup cornichon pickles
- ☐ 0.5 lb onion red
- ☐ 2 pounds thin-skinned potatoes scrubbed ()
- ☐ 4 servings salt and pepper

Equipment

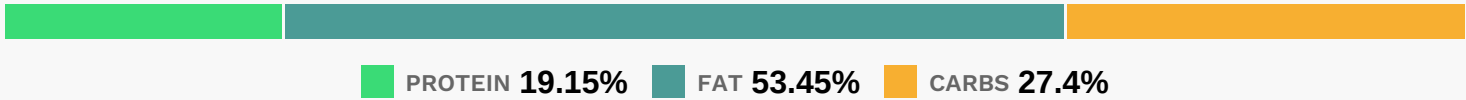
- ☐ frying pan

☐ broiler

Directions

- ☐ Put potatoes in a 4- to 5-quart pan. Barely cover with water, put lid on pan, and place over high heat. When boiling, reduce heat and simmer until potatoes are tender when pierced, about 20 minutes.
- ☐ Meanwhile, peel onion and thinly slice lengthwise.
- ☐ Mix with lemon juice.
- ☐ Slice cheese; arrange in a shallow 8- by 11-inch casserole or 4 individual casseroles, each about 5 inches wide.
- ☐ When potatoes are cooked, drain off most of the water and keep warm.
- ☐ Broil cheese about 6 inches below heat until melted, about 5 minutes.
- ☐ To eat, put potatoes, onion, and pickles on dinner plates. Spoon hot cheese, a few bites at a time, over potatoes.
- ☐ Add salt and pepper to taste. If cheese in casserole gets hard, return to broiler to soften, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.92, Inflammation Score:-8, Nutrition Score:25.748260767564%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg

Nutrients (% of daily need)

Calories: 649.22kcal (32.46%), Fat: 39.09g (60.14%), Saturated Fat: 21.91g (136.91%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 39.91g (14.51%), Sugar: 6.26g (6.95%), Cholesterol: 113.4mg (37.8%), Sodium: 1267.4mg (55.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.03%), Calcium: 857.09mg (85.71%), Phosphorus: 680.17mg (68.02%), Selenium: 33.51µg (47.88%), Vitamin B2: 0.61mg (35.68%), Potassium: 1245.96mg (35.6%), Zinc: 5.05mg (33.65%), Vitamin C: 25.9mg (31.4%), Vitamin B6: 0.55mg (27.29%), Vitamin A: 1218.91IU (24.38%), Magnesium: 88.92mg (22.23%), Manganese: 0.42mg (21.1%), Fiber: 5.19g (20.75%), Vitamin B12: 1.2µg (20.03%), Folate: 79.02µg (19.75%), Copper: 0.37mg (18.67%), Vitamin B1: 0.26mg (17.36%), Vitamin K: 15.53µg (14.79%), Vitamin B3: 2.77mg (13.87%), Vitamin B5: 1.19mg (11.94%), Iron: 2.04mg (11.35%), Vitamin E: 0.93mg (6.22%), Vitamin D: 0.68µg (4.54%)