



Raclette with Farfalle, Cornichons, and Sautéed Onions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 1 cup pickled cucumbers / gherkins sliced
- ☐ 10 ounces farfalle pasta
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion sliced thin
- ☐ 16 ounces frangelico fine (though slices or a wedge will work)
- ☐ 16 ounces frangelico fine (though slices or a wedge will work)

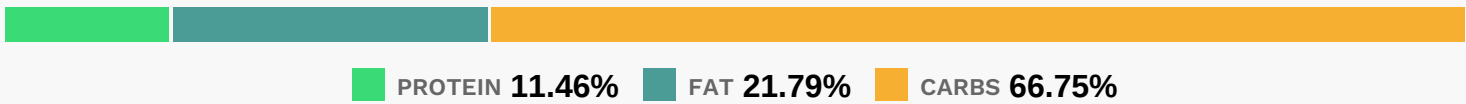
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ aluminum foil
- ☐ broiler
- ☐ colander

Directions

- ☐ Cook the pasta in a large pot of salted boiling water until al dente.
- ☐ Drain through a colander and set aside.
- ☐ Heat olive oil in a pan over medium heat. Sauté onions until they are soft and lightly browned, about 8 minutes. Heap pasta into 4 bowls and top with onions.
- ☐ Fire up the broiler and brush a piece of aluminum foil lightly with oil. Put cheese, rind side down, on foil and place directly under heating element. As soon as the cheese has bubbled and melted, which should take about 2 minutes, tip it over a bowl of pasta and scrape a quarter of the cheese off; repeat for the other three bowls of pasta.
- ☐ Sprinkle with cornichons and serve; eat immediately, as the cheese cools off quickly.
- ☐ ALTERNATIVE CHEESES: Spring Hill Reading, Sequatchie Cove Raclette, any noble Raclette or Swiss cheese WINE PAIRINGS: off-dry Chenin Blanc, off-dry Riesling ADDITIONAL PAIRINGS FOR THE CHEESE: stone-ground mustard, potatoes, cornichons, caramelized onions
- ☐ Reprinted with permission from Melt by Stephanie Stiavetti and Garrett McCord, © 2013 Little, Brown and Company

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:21.84, Inflammation Score:-4, Nutrition Score:10.156956683034%

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 Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin:

1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 340.08kcal (17%), Fat: 8.18g (12.58%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 53.17g (19.33%), Sugar: 3.47g (3.85%), Cholesterol: 0mg (0%), Sodium: 473.59mg (20.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Selenium: 44.93µg (64.19%), Manganese: 0.69mg (34.48%), Vitamin K: 22.61µg (21.53%), Phosphorus: 147.35mg (14.74%), Fiber: 3.2g (12.8%), Copper: 0.25mg (12.42%), Magnesium: 41.86mg (10.47%), Vitamin E: 1.13mg (7.51%), Zinc: 1.05mg (7.03%), Vitamin B6: 0.14mg (6.86%), Iron: 1.17mg (6.52%), Vitamin B3: 1.24mg (6.18%), Potassium: 207.18mg (5.92%), Vitamin B1: 0.08mg (5.1%), Folate: 18.37µg (4.59%), Vitamin B5: 0.35mg (3.54%), Vitamin B2: 0.05mg (3.17%), Vitamin C: 2.42mg (2.94%), Calcium: 21.28mg (2.13%), Vitamin A: 74.56IU (1.49%)