



The Last Course Sampler: Italian Cheeses, Sliced Fennel and Citrus Rings with Brandy

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



334 kcal

Ingredients

- 1 sicilian blood orange dried cleaned
- 2 to 3 jiggers brandy
- 1 bulb fennel fresh trimmed thinly sliced
- 0.3 pound gorgonzola
- 2 navel oranges dried cleaned
- 0.3 pound parmigiano-reggiano
- 1 skinned pear red ripe sliced
- 0.3 pound pecorino cheese

0.5 pound grapes red

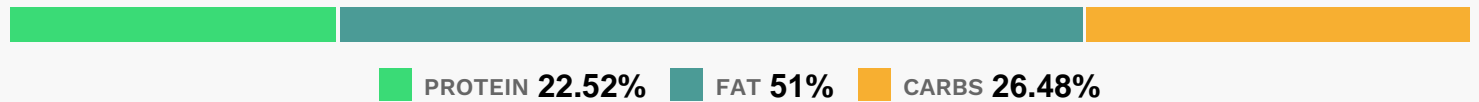
Equipment

cheese knife

Directions

Arrange the 3 cheeses on a large board or platter. The pecorino may be sliced. The Parmigiano needs a small sharp cheese knife to crumble it. The Gorgonzola will need a spreader. Slice pear and set it along side the Gorgonzola for spreading. Arrange the grapes in small clusters around the cheeses. Arrange the fennel slices near the Parmigiano and pecorino cheeses. Slice whole oranges into disks and arrange them on a shallow dish. Douse the orange slices with brandy and serve with cheese course. Use 1 jigger of brandy for each sliced orange. To eat the oranges, rip the skin and "unroll" each slice. Easy. Delicious.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:16.543478136477%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 10.8mg, Hesperetin: 10.8mg, Hesperetin: 10.8mg, Hesperetin: 10.8mg Naringenin: 3.65mg, Naringenin: 3.65mg, Naringenin: 3.65mg, Naringenin: 3.65mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 334.25kcal (16.71%), Fat: 19.41g (29.86%), Saturated Fat: 12.27g (76.68%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 19.14g (6.96%), Sugar: 14.78g (16.42%), Cholesterol: 58.46mg (19.49%), Sodium: 1002.57mg

(43.59%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 19.29g (38.57%), Calcium: 602.14mg (60.21%), Vitamin C: 35.9mg (43.51%), Phosphorus: 399mg (39.9%), Vitamin K: 32.8µg (31.24%), Vitamin B2: 0.46mg (27.29%), Selenium: 13.46µg (19.22%), Vitamin B12: 1.04µg (17.26%), Zinc: 2.26mg (15.08%), Fiber: 3.55g (14.19%), Vitamin A: 700.19IU (14%), Vitamin B6: 0.27mg (13.46%), Potassium: 452.78mg (12.94%), Folate: 48.78µg (12.19%), Vitamin B5: 1.04mg (10.45%), Magnesium: 38.37mg (9.59%), Vitamin B1: 0.12mg (8.21%), Manganese: 0.14mg (7.2%), Copper: 0.14mg (7.18%), Vitamin B3: 1.15mg (5.74%), Iron: 0.99mg (5.48%), Vitamin E: 0.57mg (3.81%), Vitamin D: 0.35µg (2.35%)