



Beer Bread Caramelized Onion Grilled Cheese Sandwich



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices beer bread
- ☐ 1 tablespoon butter room temperature ()
- ☐ 1 handful cheddar cheese grated ()
- ☐ 2 teaspoons grainy mustard
- ☐ 1 tablespoon oil
- ☐ 1 large onion thinly sliced ()
- ☐ 1 serving salt and pepper to taste

- ☐ 0.5 teaspoon thyme leaves chopped ()
- ☐ 2 tablespoons water
- ☐ 1 teaspoon worcestershire sauce for vegetarian (a vegetarian one)

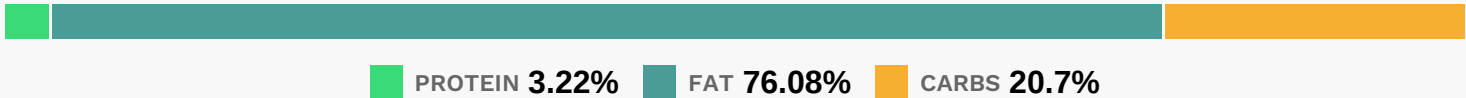
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a pan over medium high heat.
- ☐ Add the onions and saute until the onions are tender, about 5–7 minutes.
- ☐ Reduce the heat to medium, add the water and cook until the onions caramelize and turn golden brown, about 20–30 minutes. Make sure to stir continuously to ensure that the onions do not burn.
- ☐ Mix in the Worcestershire sauce, thyme, season with salt and pepper and remove from heat.
- ☐ Assemble sandwich and grill over medium–low heat until the cheese has melted and the sandwich turns golden brown, about 2–3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:221.5, Glycemic Load:3.21, Inflammation Score:-9, Nutrition Score:6.8995651100641%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

Nutrients (% of daily need)

Calories: 300.81kcal (15.04%), Fat: 26.2g (40.31%), Saturated Fat: 8.51g (53.2%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 12.92g (4.7%), Sugar: 7.11g (7.9%), Cholesterol: 31.1mg (10.37%), Sodium: 486.02mg (21.13%), Alcohol: 0.08g (100%), Alcohol %: 0.04% (100%), Protein: 2.49g (4.98%), Vitamin E: 2.85mg (19.01%), Vitamin C: 13.52mg (16.39%), Manganese: 0.25mg (12.66%), Fiber: 3.12g (12.48%), Vitamin K: 11.8µg (11.23%), Vitamin B6: 0.19mg (9.62%), Vitamin A: 422.23IU (8.44%), Potassium: 292.8mg (8.37%), Folate: 30.88µg (7.72%), Phosphorus: 67.18mg (6.72%), Selenium: 4.62µg (6.59%), Calcium: 62.8mg (6.28%), Vitamin B1: 0.09mg (6.24%), Magnesium: 23.16mg (5.79%), Iron: 0.97mg (5.41%), Copper: 0.09mg (4.44%), Vitamin B2: 0.07mg (4.08%), Zinc: 0.4mg (2.68%), Vitamin B5: 0.24mg (2.39%), Vitamin B3: 0.31mg (1.53%)