



Best Grilled Cheese Ever

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 anaheim chiles whole green canned (or you may use chiles)
- 0.5 cup butter softened (1 stick)
- 8 slices cheddar
- 0.3 cup dijon mustard
- 0.3 cup mayonnaise
- 12 slices provolone cheese
- 0.5 onion red thinly sliced
- 8 slices cocktail rye bread

- 2 tomatoes ripe sliced
- 0.3 cup vinegar white

Equipment

- frying pan
- broiler
- stove
- ziploc bags

Directions

- Watch how to make this recipe.
- Begin by roasting the chiles over the flame on your stovetop (or under the broiler) until the skin is totally blackened (if using fresh). When the chiles are totally charred, throw them into a plastic bag. Seal and allow them to steam and cool.
- Next, pour the white vinegar over the sliced red onion and let them sit awhile. This'll take away a little of the crazy onion flavor and leave them with a nice sweetness.
- Finally, make the special sauce: equal amounts of mayonnaise and Dijon. It's the simple things in life!
- When you're ready to make the sandwiches, scrape the blackened skin off the chiles. Scrape out the seeds, too, so you'll wind up with big pieces of roasted green chiles.
- For each sandwich, generously spread 2 pieces of rye bread with the special sauce.
- Lay on 2 slices of provolone, 2 slices of tomato, 2 slices of Cheddar... a nice layer of roasted green chiles... a few red onion slices... and one more slice of provolone just to hold it all together.
- Top with the other slice of bread and spread the outsides with a good amount of butter.
- Toast the sandwich in a skillet over medium-low heat until the cheese is thoroughly melted inside. Be careful not to burn the bread!

Nutrition Facts



PROTEIN 13.96% **FAT 66.63%** **CARBS 19.41%**

Properties

Glycemic Index:88.33, Glycemic Load:15.8, Inflammation Score:-9, Nutrition Score:25.453043243159%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 847.25kcal (42.36%), Fat: 62.98g (96.89%), Saturated Fat: 32.96g (206%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 34.1g (12.4%), Sugar: 7.28g (8.09%), Cholesterol: 140.22mg (46.74%), Sodium: 1655.63mg (71.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.37%), Calcium: 746.02mg (74.6%), Selenium: 43.71µg (62.44%), Phosphorus: 564.38mg (56.44%), Vitamin A: 2088.57IU (41.77%), Manganese: 0.7mg (34.95%), Vitamin B2: 0.59mg (34.43%), Vitamin K: 32.79µg (31.23%), Fiber: 7.2g (28.8%), Zinc: 4.09mg (27.29%), Folate: 97.72µg (24.43%), Vitamin B1: 0.36mg (23.98%), Vitamin B12: 1.26µg (20.96%), Vitamin C: 16.48mg (19.98%), Magnesium: 67.22mg (16.8%), Vitamin B3: 3.02mg (15.1%), Iron: 2.64mg (14.69%), Vitamin E: 2.1mg (14.03%), Potassium: 410.18mg (11.72%), Copper: 0.2mg (10.09%), Vitamin B6: 0.19mg (9.57%), Vitamin B5: 0.87mg (8.67%), Vitamin D: 0.52µg (3.45%)