



Caramelized Onion Grilled Cheese

 Vegetarian

READY IN



30 min.

SERVINGS



1

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices country bread
- 0.5 cup caramelized onions
- 3 extra swiss cheese kraft thin
- 1 Tbsp butter unsalted

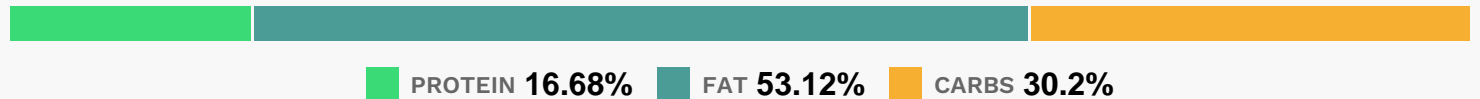
Equipment

- frying pan

Directions

- MELT of the butter over medium heat in a skillet that is large enough to fit the bread. Assemble the sandwich by layering the caramelized onions, followed by the cheese (slightly overlapping), and topping it with the second slice of bread.
- PLACE the sandwich in the melted butter and place a clean, heavy object on top of it to press the bread down. Allow the sandwich to toast on one side on medium–low heat for about five minutes, or until the bread is golden brown.
- FLIP the sandwich and add the rest of the butter to the pan. At this point you probably wont need to put the heavy object on top. But, if the sandwich is not compact enough go ahead and do so. Toast until the bread is golden brown, about five more minutes, serve.

Nutrition Facts



Properties

Glycemic Index:112.67, Glycemic Load:16.92, Inflammation Score:-8, Nutrition Score:18.270434623179%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg, Isorhamnetin: 5.91mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.95mg, Quercetin: 23.95mg, Quercetin: 23.95mg, Quercetin: 23.95mg

Nutrients (% of daily need)

Calories: 502.88kcal (25.14%), Fat: 29.98g (46.13%), Saturated Fat: 17.02g (106.35%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 34.12g (12.41%), Sugar: 8.22g (9.13%), Cholesterol: 77.96mg (25.99%), Sodium: 365.51mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.18g (42.36%), Calcium: 554.45mg (55.44%), Selenium: 32.21µg (46.02%), Manganese: 0.82mg (41.14%), Phosphorus: 402.61mg (40.26%), Vitamin B12: 1.56µg (26.07%), Zinc: 3.02mg (20.16%), Vitamin B2: 0.33mg (19.55%), Vitamin B1: 0.29mg (19.38%), Folate: 75.04µg (18.76%), Fiber: 4.25g (16.98%), Vitamin B3: 3.3mg (16.52%), Vitamin A: 781.64IU (15.63%), Magnesium: 51.87mg (12.97%), Iron: 2.33mg (12.96%), Vitamin B6: 0.24mg (11.99%), Vitamin C: 8.84mg (10.72%), Vitamin B5: 0.84mg (8.39%), Potassium: 290.86mg (8.31%), Copper: 0.16mg (7.76%), Vitamin E: 0.77mg (5.1%), Vitamin K: 4.92µg (4.69%), Vitamin D: 0.21µg (1.42%)