



Caribbean Grill

 Vegetarian

READY IN



33 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 3 tablespoons butter at room temperature
- 1 tablespoon curry powder
- 0.3 cup dijon honey mustard
- 8 slices bread fresh italian
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime fresh
- 0.5 mangos diced

- 0.3 bell pepper diced red
- 0.3 onion diced red
- 1 pinch sugar
- 8 ounces swiss cheese

Equipment

- bowl
- frying pan
- wooden spoon
- spatula

Directions

- In a small bowl, mix together mango, red onion, bell pepper, lime juice, sugar, salt, and pepper using a wooden spoon. Set aside until ready for use.
- In a small bowl using a rubber spatula, mix the butter and curry together.
- Spread 2 tablespoons of the butter mixture on 1 side of each slice of bread.
- Place 4 slices of bread on your work surface, buttered side down.
- Spread the honey mustard on the other side of the bread.
- Place about 2 tablespoons of the mango salsa on the bread followed by the Swiss cheese. (You may need to fold the cheese slices to fit the bread.)
- Place the remaining 4 bread slices on top, buttered side up.
- Add the remaining 1 tablespoon of curry butter to a nonstick skillet on medium heat for 2 minutes.
- Put the sandwiches in the skillet (in batches if necessary) and cover with lid and cook for 2 to 3 minutes, or until the underside is golden brown and the cheese has started to melt. Flip the sandwiches with a spatula and press very firmly, cook for 2 to 3 minutes, or until the cheese has melted. Turn once more, press with a spatula, and cook for 30 seconds.
- Remove from pan and let cool for 3 to 5 minutes.
- Cut diagonally and serve with extra salsa on the side.

Nutrition Facts

PROTEIN 13.26% FAT 62.99% CARBS 23.75%

Properties

Glycemic Index:73.71, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:13.818260856297%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 579.67kcal (28.98%), Fat: 40.55g (62.39%), Saturated Fat: 23.46g (146.64%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 31.78g (11.55%), Sugar: 19.98g (22.2%), Cholesterol: 75.31mg (25.1%), Sodium: 691.01mg (30.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.43%), Calcium: 520.41mg (52.04%), Phosphorus: 356.24mg (35.62%), Vitamin B12: 1.73µg (28.84%), Vitamin A: 1263.18IU (25.26%), Selenium: 17.64µg (25.19%), Vitamin C: 20.74mg (25.14%), Zinc: 2.69mg (17.91%), Vitamin B2: 0.23mg (13.79%), Folate: 49.17µg (12.29%), Vitamin B3: 2.15mg (10.75%), Fiber: 2.63g (10.5%), Magnesium: 34.18mg (8.54%), Vitamin E: 1.27mg (8.5%), Iron: 1.46mg (8.13%), Potassium: 227.7mg (6.51%), Vitamin B6: 0.12mg (5.98%), Manganese: 0.11mg (5.74%), Vitamin B1: 0.08mg (5.47%), Vitamin K: 4.69µg (4.47%), Copper: 0.07mg (3.71%), Vitamin B5: 0.34mg (3.44%)