



WHATSheATE



Cheddar, Manchego and Sundried Tomato Pesto Grilled Cheese

READY IN



25 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter at room temperature
- ☐ 0.3 pound manchego cheese shredded
- ☐ 8 slices rustic sourdough bread sliced
- ☐ 0.3 pound sharp cheddar cheese shredded
- ☐ 4 tablespoons pesto rosso

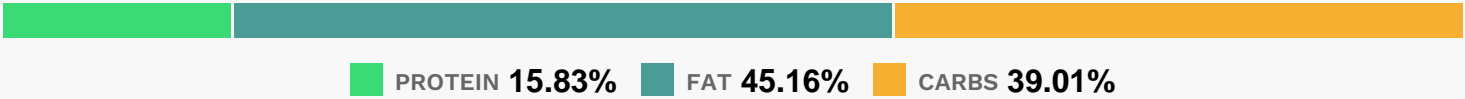
Equipment

- ☐ grill

Directions

☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over both bread slices and spread sundried tomato pesto on the inside of each. Top one slice of bread, on the pesto side, with 1/4 of the cheddar-manchego mix. Close the sandwich with the other bread slice, buttered side up.Grill two panini at a time, with the lid closed, until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:51.4, Inflammation Score:-7, Nutrition Score:21.209565248178%

Nutrients (% of daily need)

Calories: 709.98kcal (35.5%), Fat: 35.65g (54.85%), Saturated Fat: 20.76g (129.77%), Carbohydrates: 69.31g (23.1%), Net Carbohydrates: 66.01g (24%), Sugar: 7.22g (8.02%), Cholesterol: 89.98mg (29.99%), Sodium: 1355.92mg (58.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.12g (56.23%), Selenium: 44.77µg (63.96%), Vitamin B1: 0.92mg (61.18%), Calcium: 588.21mg (58.82%), Folate: 163.81µg (40.95%), Vitamin B2: 0.68mg (39.78%), Manganese: 0.67mg (33.68%), Vitamin B3: 6.19mg (30.95%), Iron: 5.23mg (29.04%), Phosphorus: 267.6mg (26.76%), Vitamin A: 886.59IU (17.73%), Zinc: 2.38mg (15.89%), Fiber: 3.3g (13.18%), Magnesium: 48.89mg (12.22%), Copper: 0.2mg (10.2%), Vitamin B6: 0.16mg (7.85%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.32µg (5.41%), Vitamin E: 0.81mg (5.37%), Potassium: 174.95mg (5%), Vitamin K: 2.56µg (2.43%), Vitamin D: 0.17µg (1.13%)