



Cheryl's Grilled Cheese with Asian Pear

READY IN



30 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bosc pear firm chopped ()
- ☐ 2 tsp dijon mustard
- ☐ 4 ounces coarsely gruyère cheese shredded
- ☐ 2 ounces fromage blanc
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 slices potato bread farls
- ☐ 30 servings salt and pepper
- ☐ 3 tablespoons butter unsalted divided at room temperature
- ☐ 0.5 cup onion yellow chopped ()

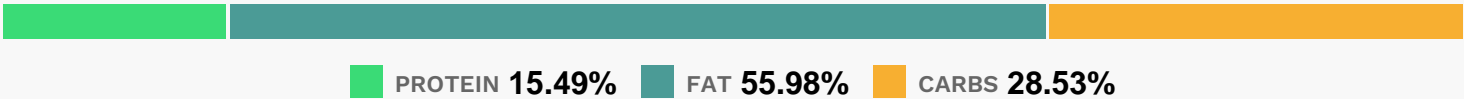
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium frying pan, heat olive oil with 1 tbsp. butter over medium heat. When butter is bubbling, add onion and pear and cook, stirring occasionally, until translucent and well browned, about 10 minutes. Season with salt and pepper to taste and set aside to cool.
- ☐ In a medium bowl, combine cheeses. When onion-pear mixture is cool, stir into cheeses.
- ☐ Top 2 bread slices with cheese mixture, smushing it evenly onto the bread.
- ☐ Spread other 2 slices with mustard and invert onto cheese.
- ☐ Butter outsides of each sandwich with remaining 2 tbsp. butter.
- ☐ Heat a large well-seasoned cast-iron skillet or a large, heavy nonstick pan over medium heat for a minute.
- ☐ Place sandwiches in skillet and cook until golden-brown underneath, 5 to 7 minutes. Flip and cook the other side until it's just as toasty. Low and slow is the key. Cheese will probably ooze out, but that's okay. It gives the sandwiches a nice crunchy fringe.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.3469565199769%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 50.12kcal (2.51%), Fat: 3.01g (4.63%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.07g (1.19%), Cholesterol: 7.17mg (2.39%), Sodium: 245.24mg (10.66%), Alcohol: 0.32g (100%), Alcohol %: 2.12% (100%), Protein: 1.87g (3.75%), Calcium: 49.98mg (5%), Phosphorus: 44.83mg (4.48%), Folate: 8.03µg (2.01%), Fiber: 0.49g (1.95%), Selenium: 1.21µg (1.73%), Zinc: 0.24mg (1.58%), Vitamin A: 76.65IU (1.53%), Potassium: 50.2mg (1.43%), Vitamin B12: 0.07µg (1.18%), Vitamin B2: 0.02mg (1.09%), Manganese: 0.02mg (1.06%)