

## Corned Beef Grilled Cheese

READY IN



35 min.

SERVINGS



2

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 ounces deli- corned beef cut into strips
- 0.8 cup beer dark (preferably porter)
- 6 ounces jarlsberg cheese grated
- 2 servings kosher salt and pepper freshly ground
- 1 small onion thinly sliced
- 4 slices marble rye bread
- 1 tablespoon sugar
- 1.5 tablespoons butter unsalted plus more if needed
- 1 tablespoon whole-grain mustard

- 2 teaspoons worcestershire sauce

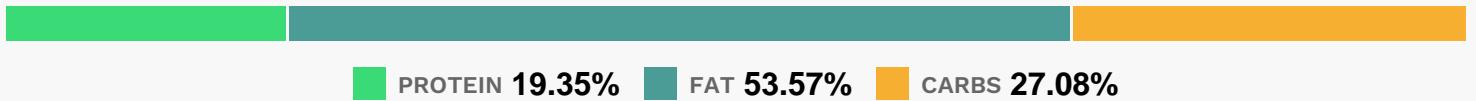
## Equipment

- frying pan
- spatula

## Directions

- Melt 1/2 tablespoon butter in a large skillet over medium-high heat.
- Add the onion and sprinkle with the sugar, 1/2 teaspoon salt, and pepper to taste. Cook, stirring occasionally, until soft and golden, about 10 minutes.
- Add the beer and continue cooking, stirring occasionally, until the onions are tender and the liquid is slightly syrupy, about 8 more minutes.
- Remove from the heat and stir in the corned beef, Worcestershire sauce and mustard.
- Divide half of the cheese between 2 bread slices; top with the corned beef mixture, and the remaining cheese and 2 bread slices.
- Melt the remaining 1 tablespoon butter in a large skillet over medium heat.
- Add the sandwiches and cook, pressing occasionally with a spatula, until the bread is toasted and the cheese melts, about 4 minutes per side, adding more butter to the pan if needed.
- Photograph by Sam Kaplan

## Nutrition Facts



## Properties

Glycemic Index:110.96, Glycemic Load:20.44, Inflammation Score:-8, Nutrition Score:16.273913041405%

## Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

## Nutrients (% of daily need)

Calories: 685.15kcal (34.26%), Fat: 39.46g (60.71%), Saturated Fat: 22.36g (139.74%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 40.26g (14.64%), Sugar: 10.65g (11.83%), Cholesterol: 98.63mg (32.88%), Sodium: 1638.12mg (71.22%), Alcohol: 3.45g (100%), Alcohol %: 1.32% (100%), Protein: 32.06g (64.13%), Calcium: 681.39mg (68.14%), Selenium: 28.59µg (40.84%), Manganese: 0.62mg (30.88%), Vitamin B1: 0.33mg (21.96%), Folate: 85.1µg (21.27%), Vitamin B3: 4.05mg (20.26%), Fiber: 4.63g (18.52%), Vitamin B2: 0.31mg (18.11%), Vitamin A: 885.12IU (17.7%), Iron: 2.83mg (15.7%), Phosphorus: 149.93mg (14.99%), Vitamin C: 11.31mg (13.71%), Zinc: 1.68mg (11.17%), Vitamin B6: 0.22mg (10.92%), Magnesium: 42.97mg (10.74%), Copper: 0.19mg (9.4%), Potassium: 327.36mg (9.35%), Vitamin B12: 0.54µg (9%), Vitamin B5: 0.56mg (5.57%), Vitamin E: 0.49mg (3.29%), Vitamin K: 1.82µg (1.73%), Vitamin D: 0.16µg (1.05%)