



Corned Beef Grilled Cheese Sandwich with Guinness Caramelized Onions

♥ Popular

READY IN



85 min.

SERVINGS



1

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter room temperature
- ☐ 2 teaspoons grainy mustard
- ☐ 1 cup guinness
- ☐ 1 tablespoon oil
- ☐ 1 medium onion sliced
- ☐ 2 slices rye lightly toasted
- ☐ 0.5 cup cheddar shredded room temperature

- ☐ 1 teaspoon worcestershire sauce
- ☐ 2 ounces warm shredded cooked sliced

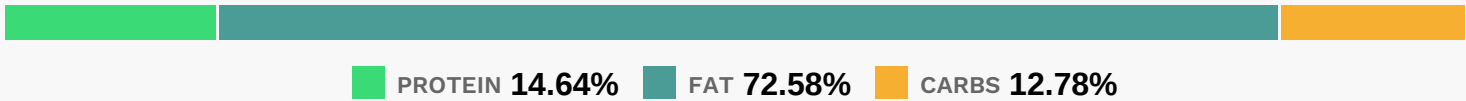
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add 1/4 cup Guinness , cover and simmer until the liquid has mostly evaporated, about 15 minutes and repeat three more times.
- ☐ Remove from heat and mix in the Worcestershire sauce and grainy mustard.
- ☐ Heat a non–stick pan over medium heat.Butter the outside of each slice of bread, sprinkle half of the cheese on the inside of one slice of bread, top with half of the onions, the corned beef, the remaining onions, cheese and finally the other slice of bread.
- ☐ Add the sandwich to the pan and grill until golden brown and the cheese has melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:136, Glycemic Load:2.68, Inflammation Score:-9, Nutrition Score:18.098261035007%

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: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 709.08kcal (35.45%), Fat: 53.51g (82.33%), Saturated Fat: 21.83g (136.46%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 18.46g (6.71%), Sugar: 5.62g (6.25%), Cholesterol: 117.22mg (39.07%), Sodium: 1341.98mg (58.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Selenium: 31.9µg (45.57%), Calcium: 445.92mg (44.59%), Phosphorus: 387.41mg (38.74%), Vitamin C: 24.27mg (29.42%), Vitamin B12: 1.63µg (27.2%), Zinc: 4.08mg (27.18%), Vitamin B2: 0.39mg (23.12%), Vitamin E: 3.29mg (21.92%), Vitamin A: 930.25IU (18.6%), Vitamin B6: 0.35mg (17.54%), Manganese: 0.33mg (16.73%), Potassium: 453.46mg (12.96%), Vitamin K: 13.09µg (12.46%), Vitamin B3: 2.45mg (12.23%), Magnesium: 45.01mg (11.25%), Fiber: 2.75g (11.01%), Iron: 1.89mg (10.49%), Folate: 37.5µg (9.37%), Vitamin B1: 0.12mg (8.08%), Copper: 0.16mg (7.87%), Vitamin B5: 0.77mg (7.67%), Vitamin D: 0.34µg (2.26%)