



Dinner Tonight: Sage Grilled Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces fontina sliced thin
- ☐ 2 tablespoons olive oil
- ☐ 2 servings bell pepper
- ☐ 4 slices bread crumbs
- ☐ 12 sage

Equipment

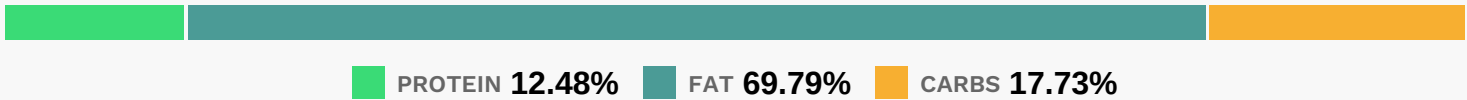
- ☐ frying pan
- ☐ sauce pan

☐ pot

Directions

- ☐ Roughly chop the sage and toss it into a small sauce pan.
- ☐ Add the olive oil and pepper.
- ☐ Heat over low heat until just warm. Turn off heat and let sit while you construct the sandwiches.
- ☐ Mound two of the slices with the cheese, and top with the other two slices.
- ☐ Place a large pot on top of the sandwiches, pressing them down, and letting them flatten for about 10 to 20 minutes.
- ☐ Remove the pot, and brush the sandwiches with the olive oil. Warm a cast-iron skillet over medium heat, and cook the sandwiches until the cheese has melted and the bread is nice and golden.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.17, Inflammation Score:-9, Nutrition Score:18.984782612842%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 587.24kcal (29.36%), Fat: 45.99g (70.75%), Saturated Fat: 20.55g (128.43%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 23.31g (8.48%), Sugar: 16.37g (18.19%), Cholesterol: 65.77mg (21.92%), Sodium: 605.26mg (26.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.5g (37.01%), Vitamin C: 95.36mg (115.59%), Vitamin A: 2850.26IU (57.01%), Copper: 0.76mg (38.24%), Calcium: 318.8mg (31.88%), Phosphorus: 230.44mg (23.04%), Vitamin E: 3.35mg (22.31%), Vitamin B12: 0.95µg (15.88%), Folate: 62.87µg (15.72%), Zinc: 2.26mg (15.04%), Vitamin B6: 0.26mg (13.19%), Vitamin B3: 2.61mg (13.07%), Vitamin K: 13.55µg (12.91%), Vitamin B2: 0.22mg (12.66%), Fiber: 2.98g (11.93%), Selenium: 8.3µg (11.85%), Potassium: 281.46mg (8.04%), Iron: 1.4mg (7.76%), Vitamin B1: 0.11mg (7.26%), Magnesium: 24.09mg (6.02%), Manganese: 0.12mg (5.78%), Vitamin B5: 0.48mg (4.79%), Vitamin D: 0.34µg (2.27%)