



Double-Decker Truffled Grilled Cheese

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



1671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounces brie cheese sliced
- ☐ 6 slices challah bread thin
- ☐ 0.5 cup fig preserves
- ☐ 4 figs fresh sliced
- ☐ 6 ounces monterrey jack cheese sliced
- ☐ 2 teaspoons truffle oil
- ☐ 6 tablespoons butter unsalted

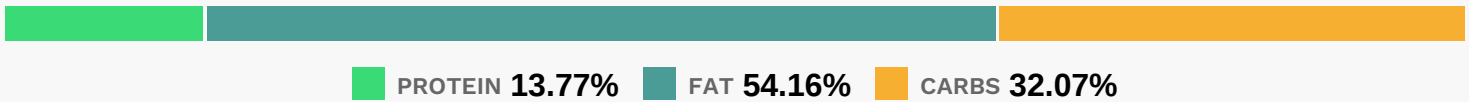
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F. Melt 3 tablespoons butter with 1 teaspoon truffle oil in an ovenproof skillet over medium heat.
- ☐ Add 2 slices bread, and toast on both sides. Set the toast aside and reserve the skillet.
- ☐ Lay out one slice of untoasted bread. Top with one-quarter each of the brie, figs and jack cheese, then a slice of toasted bread, then another layer of brie, figs and jack. Close with a slice of untoasted bread. Repeat to make another double-decker sandwich.
- ☐ Melt the remaining 3 tablespoons butter with the remaining 1 to 2 teaspoons truffle oil in the skillet over medium heat.
- ☐ Add the sandwiches and cook until golden on the bottom, about 3 minutes. Flip and cook until golden on the other side, about 2 more minutes, then transfer the skillet to the oven and cook until the cheese is melted, 6 to 8 minutes.
- ☐ Serve with the fig preserves.
- ☐ Photograph my Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:31.1, Inflammation Score:-9, Nutrition Score:41.653912710107%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 1671.15kcal (83.56%), Fat: 101.2g (155.69%), Saturated Fat: 58.23g (363.93%), Carbohydrates: 134.84g (44.95%), Net Carbohydrates: 127.66g (46.42%), Sugar: 47.19g (52.43%), Cholesterol: 346.31mg (115.44%), Sodium: 1762.23mg (76.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.89g (115.79%), Selenium: 76.32µg

(109.03%), Calcium: 1021.22mg (102.12%), Vitamin B2: 1.65mg (96.93%), Phosphorus: 767.42mg (76.74%), Folate: 260.17µg (65.04%), Vitamin B1: 0.85mg (56.65%), Vitamin A: 2768.5IU (55.37%), Manganese: 0.99mg (49.51%), Vitamin B3: 8.61mg (43.03%), Vitamin B12: 2.57µg (42.89%), Zinc: 6.39mg (42.6%), Iron: 6.62mg (36.76%), Fiber: 7.17g (28.69%), Vitamin B6: 0.53mg (26.38%), Magnesium: 93.1mg (23.27%), Copper: 0.44mg (21.82%), Potassium: 687.8mg (19.65%), Vitamin E: 2.6mg (17.34%), Vitamin B5: 1.67mg (16.69%), Vitamin D: 2.27µg (15.15%), Vitamin K: 15.89µg (15.13%), Vitamin C: 6.93mg (8.4%)