



Gourmet Grilled Cheese

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices gouda cheese smoked
- ☐ 2 tablespoons grapeseed oil
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup marinated artichoke hearts drained chopped
- ☐ 4 slices provolone cheese
- ☐ 0.5 onion red thinly sliced
- ☐ 8 slices german rye bread

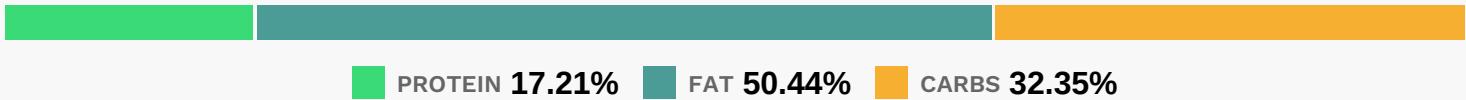
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat grapeseed oil in a large skillet over medium heat; saute onion until softened and slightly browned, 5 to 10 minutes.
- ☐ Transfer onion to a small bowl, reserving the oil in the skillet.
- ☐ Lightly brush each bread slice with grapeseed oil from the skillet and season with salt and pepper. Arrange half the bread slices, oil-side down, in the skillet. Top each bread slice with 1 slice Gouda cheese, 1 slice provolone cheese, artichoke hearts, and onion; top with remaining bread slices, oil-side up.
- ☐ Cook sandwiches until bread is browned and crispy and cheeses are melted, about 4 minutes per side. Slice each sandwich in half to serve.

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:14.82, Inflammation Score:-6, Nutrition Score:14.802173889202%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 420.63kcal (21.03%), Fat: 23.53g (36.2%), Saturated Fat: 9.73g (60.84%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 29.74g (10.81%), Sugar: 3.94g (4.38%), Cholesterol: 47.31mg (15.77%), Sodium: 817.82mg (35.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.12%), Calcium: 406.47mg (40.65%), Selenium: 26.95µg (38.51%), Phosphorus: 342.19mg (34.22%), Manganese: 0.56mg (28.15%), Vitamin B2: 0.38mg (22.32%), Folate: 81.23µg (20.31%), Vitamin B1: 0.3mg (19.79%), Zinc: 2.54mg (16.92%), Fiber: 4.22g (16.88%), Vitamin E: 2.35mg (15.64%), Vitamin B3: 2.5mg (12.49%), Vitamin B12: 0.74µg (12.32%), Iron: 2.11mg (11.73%), Magnesium: 41.17mg (10.29%), Vitamin A: 466.4IU (9.33%), Copper: 0.14mg (7.07%), Potassium: 190.16mg (5.43%), Vitamin B6: 0.1mg (5.13%), Vitamin B5: 0.49mg (4.92%), Vitamin C: 3.9mg (4.73%), Vitamin K: 2.09µg (1.99%), Vitamin D: 0.25µg (1.63%)