



WHATSheATE



Grilled Artisan Cheddar & Fig Jam Sandwich



Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 85 g cheddar cheese thick cut into 3 slices (see Note)
- ☐ 1 crusty rolls
- ☐ 2 tablespoons let set min. spread (see Note)
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 1 serving sea salt

Equipment

- ☐ frying pan
- ☐ sauce pan

- ☐ grill pan
- ☐ serrated knife
- ☐ panini press

Directions

- ☐ Heat a panini press according to the manufacturer's instructions. Alternatively, heat a ridged grill pan or large skillet over medium heat.
- ☐ Using a serrated knife, cut the roll in half horizontally.
- ☐ Spread each cut side of the roll with 1 tablespoon of the fig jam, drizzle the jam with 1 teaspoon of the oil, and season it with the salt. Arrange the Cheddar pieces closely on the bottom roll half, being sure that the cheese does not hang over the sides of the roll. Cover it with the remaining roll half, jam-side down.
- ☐ Place the sandwich in the panini press and cook it until the roll is toasted and golden brown and the cheese is desirably melty, about 4 minutes, depending on the press. If using a ridged grill pan or skillet, place the sandwich in the pan and top it with a cast-iron skillet or heavy saucepan. Cook until the underside is toasted, about 2 minutes. Flip the sandwich over, top it with the cast-iron skillet again, and cook until the other side is toasted and the cheese is melty, about 2 minutes more.
- ☐ Cut the sandwich in half and serve it hot.
- ☐ The Spanish company Mitica makes a fig jam that is sweetened only with lemon blossom honey, which gives it a pure flavor. Prairie Breeze Cheddar is a sweet and tangy cheese from Iowa, made by Milton Creamery with the high-quality milk of neighboring Amish farms. Any farmstead, artisan Cheddar would be a good substitute.
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Nutrition Facts



PROTEIN 15.35% **FAT 56.72%** **CARBS 27.93%**

Properties

Glycemic Index:82, Glycemic Load:11, Inflammation Score:-6, Nutrition Score:16.188695451488%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 614.47kcal (30.72%), Fat: 38.77g (59.64%), Saturated Fat: 17.84g (111.5%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 41.27g (15.01%), Sugar: 13.99g (15.55%), Cholesterol: 85mg (28.33%), Sodium: 1005.63mg (43.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.21%), Calcium: 645.88mg (64.59%), Selenium: 36.61µg (52.3%), Phosphorus: 430.74mg (43.07%), Vitamin B2: 0.53mg (30.89%), Zinc: 3.52mg (23.49%), Folate: 69.52µg (17.38%), Vitamin A: 851.7IU (17.03%), Vitamin B1: 0.25mg (16.93%), Vitamin B12: 0.9µg (15.02%), Manganese: 0.26mg (13.03%), Vitamin E: 1.95mg (13.01%), Vitamin B3: 1.92mg (9.62%), Iron: 1.49mg (8.25%), Magnesium: 32.67mg (8.17%), Vitamin K: 7.63µg (7.27%), Fiber: 1.68g (6.74%), Copper: 0.11mg (5.71%), Vitamin B5: 0.55mg (5.51%), Vitamin B6: 0.08mg (4.05%), Potassium: 136.15mg (3.89%), Vitamin D: 0.51µg (3.4%), Vitamin C: 2.46mg (2.99%)