



Grilled Blue Cheese Sandwiches with Walnuts and Watercress

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces cheese blue crumbled
- ☐ 6 tablespoons butter ()
- ☐ 0.5 cup walnuts toasted finely chopped
- ☐ 16 small watercress
- ☐ 16 slices bread whole wheat crustless trimmed

Equipment

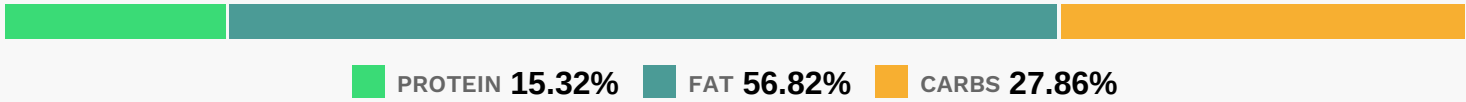
- ☐ frying pan

☐ cutting board

Directions

- ☐ Divide cheese and walnuts equally among 8 bread squares. Top each with 2 watercress sprigs.
- ☐ Sprinkle with pepper and top with remaining bread squares, making 8 sandwiches total. Press together gently to adhere. (Can be made 4 hours ahead. Cover and chill.)
- ☐ Melt 3 tablespoons butter in large nonstick griddle or skillet over medium heat. Cook 4 sandwiches on griddle until golden brown and cheese melts, about 3 minutes per side.
- ☐ Transfer to cutting board. Repeat with remaining 3 tablespoons butter and 4 sandwiches.
- ☐ Cut sandwiches diagonally in half.
- ☐ Transfer to plates and serve.

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:14.77, Inflammation Score:-6, Nutrition Score:14.482608590437%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 365.64kcal (18.28%), Fat: 23.41g (36.01%), Saturated Fat: 11.56g (72.23%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 21.97g (7.99%), Sugar: 2.81g (3.13%), Cholesterol: 43.84mg (14.61%), Sodium: 646.5mg (28.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Manganese: 1.45mg (72.63%), Selenium: 19.04µg (27.2%), Phosphorus: 257.45mg (25.75%), Calcium: 253.05mg (25.31%), Vitamin B1: 0.25mg (16.96%), Magnesium: 61.82mg (15.46%), Fiber: 3.86g (15.44%), Vitamin B3: 2.86mg (14.3%), Zinc: 1.98mg (13.18%), Vitamin B2: 0.22mg (12.83%), Copper: 0.26mg (12.79%), Vitamin A: 545.66IU (10.91%), Vitamin B6: 0.21mg (10.51%), Vitamin K: 10.98µg (10.46%), Folate: 41.39µg (10.35%), Iron: 1.74mg (9.67%), Vitamin B5: 0.93mg (9.34%), Potassium: 253.94mg (7.26%), Vitamin B12: 0.36µg (6.06%), Vitamin E: 0.69mg (4.59%), Vitamin C: 0.96mg (1.16%)