



Grilled Cheddar and Fennel Sandwiches with Curry Mayo

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 crusty baguette
- ☐ 0.5 lb sharp cheddar cheese extra-sharp
- ☐ 2 teaspoons curry powder (preferably Madras)
- ☐ 0.3 cup fennel bulb cored very thinly sliced quartered (sometimes called anise; lengthwise and before slicing)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons shallots finely chopped

- ☐ 1.5 tablespoons butter unsalted softened
- ☐ 1 teaspoon vegetable oil

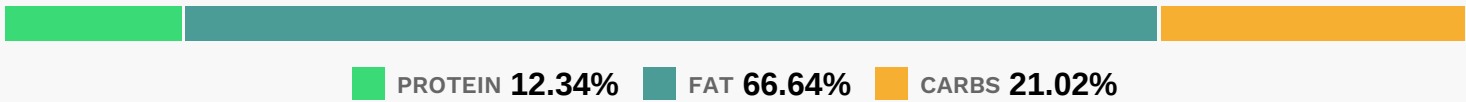
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook shallot and curry powder in oil in a 12-inch heavy nonstick skillet over moderate heat, stirring, 2 minutes, then transfer to a small bowl and stir in mayonnaise and lemon juice. Wipe skillet clean and set aside.
- ☐ Cut 16 (1/4-inch-thick) diagonal slices (about 6 inches long) from baguette.
- ☐ Spread 1 side of each slice with butter, then turn over and spread opposite side with curry mayonnaise.
- ☐ Cut cheese into thin slices no wider than bread slices. Divide cheese among 8 slices of bread, then top with fennel and remaining slices of bread, buttered sides up.
- ☐ Heat skillet over moderate heat until hot, then cook sandwiches in 2 batches, turning over once and pressing occasionally, until browned and cheese is melted, about 7 minutes per batch.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:21.4, Inflammation Score:-6, Nutrition Score:17.436521778936%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 640.56kcal (32.03%), Fat: 47.47g (73.04%), Saturated Fat: 17.4g (108.75%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 31.7g (11.53%), Sugar: 4.01g (4.46%), Cholesterol: 79.75mg (26.58%), Sodium:

939.42mg (40.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.58%), Vitamin K: 55.76µg (53.11%), Calcium: 479.51mg (47.95%), Selenium: 27.77µg (39.66%), Phosphorus: 335.71mg (33.57%), Vitamin B2: 0.46mg (27.29%), Vitamin B1: 0.39mg (26.02%), Folate: 85.8µg (21.45%), Manganese: 0.37mg (18.31%), Zinc: 2.69mg (17.96%), Iron: 2.71mg (15.03%), Vitamin B3: 2.95mg (14.76%), Vitamin A: 735.09IU (14.7%), Vitamin E: 2mg (13.32%), Vitamin B12: 0.64µg (10.73%), Magnesium: 36.68mg (9.17%), Fiber: 1.98g (7.94%), Vitamin B6: 0.14mg (6.98%), Copper: 0.12mg (5.86%), Vitamin B5: 0.56mg (5.56%), Potassium: 186.52mg (5.33%), Vitamin D: 0.47µg (3.17%), Vitamin C: 2.62mg (3.17%)