



Grilled Cheese Sandwich with Pulled Beef Short Ribs and Pickled Red Onion

READY IN



20 min.

SERVINGS



15

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups pulled beef short ribs
- 32 slices mozzarella cheese
- 2 cups pickled onion red
- 16 slices sourdough bread
- 2 tablespoons butter unsalted softened

Equipment

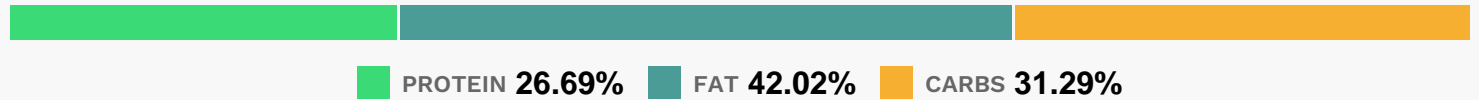
- frying pan

- grill
- serrated knife

Directions

- Place 2 cheese slices each on 8 bread slices. Top each with 1/4 cup Pickled Red Onion, 1/2 cup Pulled Beef Short Ribs, and 2 more cheese slices. Top with remaining bread slices.
- Brush top slices of bread with 1 tablespoon butter, and invert onto preheated grill or nonstick skillet.
- Brush other sides of sandwiches with remaining 1 tablespoon butter; cook over medium heat until golden. Turn sandwiches, and brown other sides.
- Cut diagonally with a serrated knife, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:28.11, Inflammation Score:-6, Nutrition Score:20.656521709069%

Flavonoids

Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 498.08kcal (24.9%), Fat: 23.13g (35.58%), Saturated Fat: 12.01g (75.07%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 36.88g (13.41%), Sugar: 4.68g (5.2%), Cholesterol: 88.99mg (29.66%), Sodium: 832.02mg (36.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.04g (66.09%), Vitamin B12: 3.52µg (58.67%), Selenium: 39.01µg (55.73%), Phosphorus: 412.16mg (41.22%), Vitamin B1: 0.57mg (38.14%), Zinc: 5.53mg (36.86%), Calcium: 351.14mg (35.11%), Vitamin B2: 0.57mg (33.3%), Vitamin B3: 5.53mg (27.66%), Iron: 4.34mg (24.13%), Folate: 96.09µg (24.02%), Manganese: 0.41mg (20.61%), Vitamin B6: 0.37mg (18.36%), Magnesium: 49.98mg (12.5%), Potassium: 382.64mg (10.93%), Vitamin A: 455.68IU (9.11%), Copper: 0.16mg (8.13%), Fiber: 1.86g (7.46%), Vitamin B5: 0.54mg (5.43%), Vitamin E: 0.31mg (2.04%), Vitamin K: 2.08µg (1.98%), Vitamin C: 1.58mg (1.91%), Vitamin D: 0.27µg (1.8%)