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## Grilled Cheese Sandwich with Red Onion Jam

READY IN



48 min.

SERVINGS



4

CALORIES



1135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons brown sugar
- 4 tablespoons butter softened
- 1 loaf crusty rustic bread italian sliced
- 0.3 pound gorgonzola cut into 4 slices
- 3 tablespoons olive oil
- 1 large onion red sliced
- 0.3 cup red wine vinegar
- 0.5 pound taleggio cut into 8 slices
- 3 tablespoons water

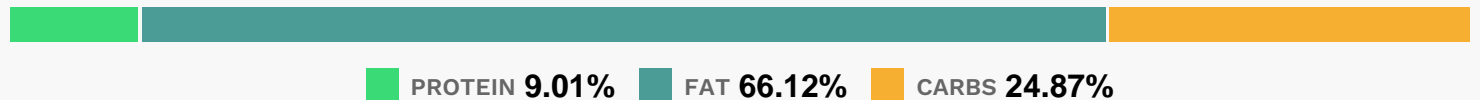
# Equipment

frying pan

# Directions

- Heat the olive oil in a large skillet over medium–low heat.
- Add the onions and cook until soft and translucent about 10 to 15 minutes.
- Add the sugar, red wine vinegar and 3 tablespoons water and cook until the liquid is reduced completely and the onions are caramelized, about 10 minutes. Set aside.
- Butter the outside of each slice of bread and arrange, butter side down, on a sheet pan. Put 1 piece of Taleggio onto a slice of the buttered bread, then a piece of Gorgonzola. Top with a heaping tablespoon of the onion jam, and another slice of the Taleggio. Cover it another slice of bread. Repeat with remaining ingredients.
- Heat a large skillet over medium–low heat.
- Put the sandwiches into the skillet and cook until the bread is toasted and golden and cheese is melted, about 4 minutes per side. Slice each sandwich in half and serve.

# Nutrition Facts



# Properties

Glycemic Index:26, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:12.170869565528%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

# Nutrients (% of daily need)

Calories: 1135.41kcal (56.77%), Fat: 84.17g (129.49%), Saturated Fat: 45.83g (286.43%), Carbohydrates: 71.23g (23.74%), Net Carbohydrates: 66.79g (24.29%), Sugar: 45.04g (50.04%), Cholesterol: 96.15mg (32.05%), Sodium: 1510.27mg (65.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.8g (51.61%), Calcium: 474.35mg (47.44%), Vitamin A: 1672.35IU (33.45%), Vitamin B3: 5.43mg (27.17%), Folate: 87.29µg (21.82%), Fiber: 4.43g

(17.73%), Phosphorus: 164.51mg (16.45%), Iron: 2.72mg (15.09%), Vitamin B2: 0.22mg (13.08%), Vitamin E: 1.91mg (12.75%), Vitamin B1: 0.18mg (12.01%), Potassium: 379.74mg (10.85%), Vitamin K: 8.09µg (7.71%), Magnesium: 30.32mg (7.58%), Zinc: 1.05mg (6.99%), Selenium: 4.5µg (6.42%), Vitamin B12: 0.37µg (6.16%), Vitamin B5: 0.55mg (5.51%), Vitamin B6: 0.08mg (4.21%), Vitamin C: 2.11mg (2.56%), Manganese: 0.05mg (2.53%), Copper: 0.03mg (1.48%)