



Grilled Cheese with Onion Jam, Taleggio, and Escarole

READY IN



15 min.

SERVINGS



2

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups endive
- 1.5 tablespoons let set min. spread
- 4 teaspoons olive oil extra virgin extra-virgin
- 2 inch sourdough bread (from a 9- to 10-inch round)
- 12 ounces taleggio cheese italian chilled sliced

Equipment

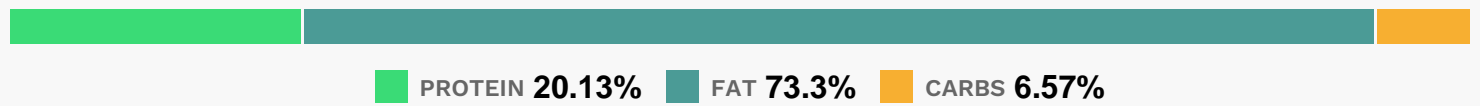
- frying pan

spatula

Directions

- Brush 1 side of bread slices with oil and arrange, oil sides down, on a work surface.
- Spread jam on 2 slices of bread and divide cheese between remaining 2 slices. Mound escarole on top of cheese and season with salt and pepper, then assemble sandwiches.
- Heat a dry 12-inch heavy skillet (not nonstick) over medium-low heat until hot. Cook sandwiches, turning once and pressing with a spatula to compact, until bread is golden-brown and cheese is melted, 6 to 8 minutes total.

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:4.99, Inflammation Score:-10, Nutrition Score:16.011304596196%

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 Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg

Nutrients (% of daily need)

Calories: 601.8kcal (30.09%), Fat: 50.69g (77.99%), Saturated Fat: 31.52g (197.01%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 8.51g (3.09%), Sugar: 5.33g (5.93%), Cholesterol: 134.38mg (44.79%), Sodium: 2035.26mg (88.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.64%), Vitamin K: 120.33µg (114.6%), Calcium: 948.03mg (94.8%), Vitamin A: 4400.39IU (88.01%), Folate: 75.28µg (18.82%), Manganese: 0.23mg (11.38%), Vitamin E: 1.39mg (9.27%), Fiber: 1.72g (6.89%), Vitamin C: 4.17mg (5.06%), Potassium: 168.14mg (4.8%), Vitamin B5: 0.46mg (4.61%), Vitamin B1: 0.06mg (3.98%), Iron: 0.61mg (3.39%), Vitamin B2: 0.06mg (3.31%), Copper: 0.06mg (3.19%), Zinc: 0.43mg (2.85%), Magnesium: 8.73mg (2.18%), Phosphorus: 18.66mg (1.87%), Vitamin B3: 0.33mg (1.63%), Selenium: 1.04µg (1.48%)