



## Grilled Cheese with Spinach-and-Tomato Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices from a round loaf of country bread thick
- 1 cup canned tomatoes thick canned crushed (from one 15-ounce can)
- 2 cloves garlic minced
- 0.8 cup mild goat cheese crumbled
- 0.3 teaspoon fresh-ground pepper black
- 0.5 pound mozzarella cheese sliced
- 4 tablespoons olive oil

- 1 small onion chopped
- 0.5 teaspoon salt
- 1 pound pkt spinach shredded washed well

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven

## Directions

- In a large saucepan, heat 2 tablespoons of the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Stir in the garlic, tomatoes, salt, and pepper. Simmer for 5 minutes.
- Add the spinach and simmer until the spinach wilts and the sauce thickens, about 5 minutes longer. Cover to keep warm.
- Top 4 slices of the bread with mozzarella. Spoon some of the spinach mixture over each, spreading the spinach to the edges of the bread.
- Sprinkle the goat cheese over the spinach and top with the remaining bread slices.
- In a large nonstick frying pan, heat 1 tablespoon of the oil over moderate heat. Cook two of the sandwiches, turning once, until the cheese melts and the bread is golden, about 4 minutes in all. Repeat with the remaining 1 tablespoon of oil and the other two sandwiches, keeping the first batch of sandwiches warm on a baking sheet in a 200 oven.
- Wine Recommendation: Here's another opportunity to try an unusual wine: Saumur-Champigny, a vibrant, fruity red from the Loire Valley of France. Made from cabernet franc, it has a wonderful strawberry aroma and enough tannin to stand up to the cheese.
- Notes: If you like, use one ten-ounce package of defrosted frozen chopped spinach instead of the fresh.
- Drain it and squeeze out any remaining moisture. Simmer the spinach in the tomato sauce just to warm it through.

## Nutrition Facts



■ PROTEIN **19.74%** ■ FAT **55.67%** ■ CARBS **24.59%**

## Properties

Glycemic Index:61.17, Glycemic Load:16.9, Inflammation Score:-10, Nutrition Score:40.798695585002%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 7.35mg, Kaempferol: 7.35mg, Kaempferol: 7.35mg, Kaempferol: 7.35mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

## Nutrients (% of daily need)

Calories: 614.65kcal (30.73%), Fat: 38.82g (59.73%), Saturated Fat: 16.09g (100.56%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 32.33g (11.76%), Sugar: 8.07g (8.96%), Cholesterol: 64.37mg (21.46%), Sodium: 1238.4mg (53.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.96%), Vitamin K: 564.46µg (537.58%), Vitamin A: 11588.66IU (231.77%), Manganese: 1.92mg (95.97%), Folate: 287.92µg (71.98%), Calcium: 556.37mg (55.64%), Vitamin C: 39.31mg (47.64%), Phosphorus: 464.41mg (46.44%), Vitamin B2: 0.72mg (42.1%), Selenium: 28.76µg (41.09%), Iron: 7.09mg (39.38%), Magnesium: 145.14mg (36.29%), Vitamin E: 5.37mg (35.81%), Copper: 0.67mg (33.6%), Vitamin B1: 0.42mg (28.13%), Potassium: 976.57mg (27.9%), Vitamin B6: 0.54mg (27.07%), Fiber: 6.24g (24.98%), Vitamin B3: 4.96mg (24.82%), Zinc: 3.44mg (22.96%), Vitamin B12: 1.37µg (22.89%), Vitamin B5: 1.1mg (11.03%), Vitamin D: 0.4µg (2.65%)