



WHATSheATE



Grilled Corned Beef and Fontina Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter divided ()
- ☐ 1 pound corned beef ribs homemade thinly sliced
- ☐ 4 servings dijon mustard
- ☐ 8 ounces fontina thinly sliced
- ☐ 8 slices cocktail rye bread jewish-style divided
- ☐ 0.5 onion sweet thinly sliced (such as Maui or Vidalia)

Equipment

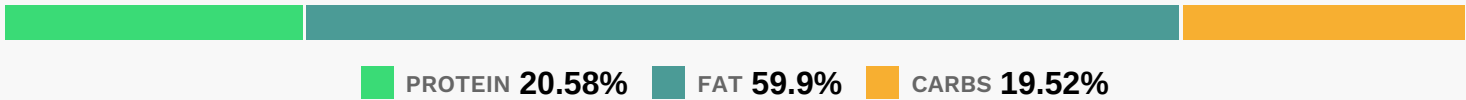
- ☐ frying pan

☐ spatula

Directions

- ☐ Place 4 bread slices on work surface.
- ☐ Spread mustard on 1 side of each. Divide corned beef among bread slices. Top with cheese and onion. Cover with remaining 4 bread slices, pressing slightly to adhere.
- ☐ Melt 2 tablespoons butter in each of 2 large nonstick skillet over medium heat.
- ☐ Place 2 sandwiches in each skillet and cook until golden brown on bottom, pressing occasionally with spatula, about 3 minutes. Turn sandwiches over and cook until golden on bottom and cheese melts, about 3 minutes.
- ☐ Transfer sandwiches to plates, cut in half, and serve.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:14.49, Inflammation Score:-7, Nutrition Score:24.970869468606%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 727.52kcal (36.38%), Fat: 48.2g (74.15%), Saturated Fat: 23.86g (149.12%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 31.05g (11.29%), Sugar: 5.5g (6.11%), Cholesterol: 157.11mg (52.37%), Sodium: 2367.9mg (102.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.26g (74.53%), Selenium: 51.59µg (73.7%), Vitamin B12: 2.99µg (49.91%), Phosphorus: 428.79mg (42.88%), Zinc: 6.04mg (40.3%), Vitamin C: 32.88mg (39.85%), Calcium: 381.29mg (38.13%), Vitamin B3: 6.76mg (33.78%), Vitamin B2: 0.52mg (30.85%), Manganese: 0.61mg (30.51%), Vitamin B1: 0.37mg (24.37%), Vitamin B6: 0.48mg (24.08%), Iron: 4.05mg (22.49%), Folate: 89.76µg (22.44%), Vitamin A: 875.97IU (17.52%), Fiber: 4.3g (17.2%), Potassium: 539.42mg (15.41%), Copper: 0.28mg (14.24%), Magnesium: 55.82mg (13.95%), Vitamin B5: 1.24mg (12.42%), Vitamin E: 0.71mg (4.77%), Vitamin K: 3.42µg (3.26%), Vitamin D: 0.34µg (2.27%)