



Grilled Fontina, Mushroom, and Sage Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices from a round loaf of bread country-style
- 3 tablespoons butter melted
- 2 cups fontina grated
- 4 teaspoons sage dried fresh chopped
- 0.1 teaspoon fresh-ground pepper black
- 0.5 pound mushrooms cut into thin slices
- 0.3 teaspoon salt

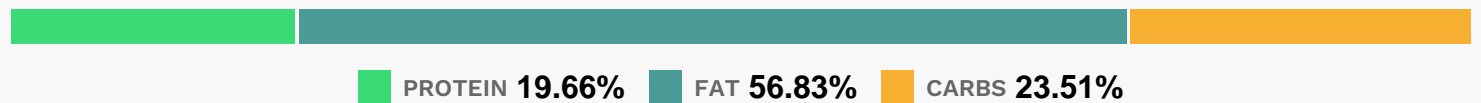
Equipment

- bowl
- frying pan
- pastry brush

Directions

- In a large nonstick frying pan, heat 1 tablespoon of the butter over moderate heat.
- Add the mushrooms, salt, pepper, and dried sage, if using, and cook, stirring frequently, until golden brown, about 5 minutes. Stir in the fresh sage, if using.
- Put the mushrooms in a bowl and wipe out the pan.
- Using a pastry brush, coat one side of 4 slices of the bread with half of the melted butter.
- Put them, buttered-side down, on a work surface. Top the bread with the cheese and then the mushrooms. Cover with the remaining 4 slices of bread; brush the tops with the remaining melted butter.
- Heat the frying pan over moderately low heat.
- Add the sandwiches and cook, turning once, until golden, about 2 minutes per side.
- Wine Recommendation: A crisp, dry, Italian white--such as Soave, Frascati, or pinot grigio--will refresh your mouth after every bite of this flavorful sandwich.

Nutrition Facts



Properties

Glycemic Index:49.92, Glycemic Load:14.99, Inflammation Score:-6, Nutrition Score:17.665652290634%

Nutrients (% of daily need)

Calories: 498.41kcal (24.92%), Fat: 31.79g (48.9%), Saturated Fat: 18.5g (115.6%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 26.72g (9.71%), Sugar: 5.36g (5.96%), Cholesterol: 99.14mg (33.04%), Sodium: 1008.6mg (43.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.49%), Selenium: 31.08µg (44.4%), Calcium: 439.24mg (43.92%), Manganese: 0.71mg (35.74%), Phosphorus: 352.07mg (35.21%), Vitamin B2: 0.51mg (29.87%), Vitamin B3: 5.29mg (26.44%), Zinc: 3.2mg (21.35%), Vitamin B1: 0.29mg (19.42%), Vitamin B12: 1.15µg (19.16%),

Vitamin A: 872.34IU (17.45%), Vitamin B5: 1.6mg (16.04%), Folate: 61.8µg (15.45%), Copper: 0.28mg (14.07%), Iron: 2.49mg (13.83%), Fiber: 2.86g (11.45%), Magnesium: 38.05mg (9.51%), Vitamin B6: 0.18mg (8.95%), Potassium: 305.95mg (8.74%), Vitamin K: 7.01µg (6.68%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.51µg (3.4%), Vitamin C: 1.34mg (1.62%)