



Grilled Gruyere Panini with Pickled Sweet Onions

READY IN



82 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 1 teaspoon brown sugar packed
- ☐ 4 large ciabatta rolls
- ☐ 0.3 cup cider vinegar
- ☐ 8 ounces gruyère cheese shredded
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 medium maui sweet halved thinly sliced

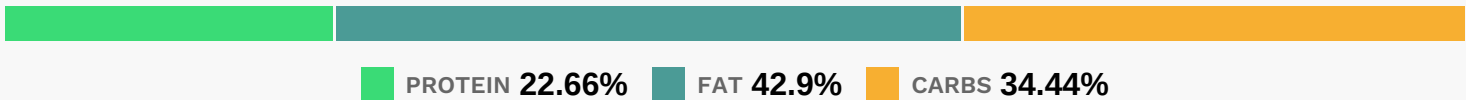
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a small pot of water to boil over high heat.
- ☐ Add the onions and blanch them for about 15 seconds.
- ☐ Drain well and set aside.In a large nonreactive bowl , combine the vinegar, brown sugar, salt and allspice. Stir until the sugar is dissolved.
- ☐ Add the blanched onion slices and stir to coat thoroughly. Cover and refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:9.6365216089332%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 396.15kcal (19.81%), Fat: 18.78g (28.9%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 32.54g (11.83%), Sugar: 5.39g (5.99%), Cholesterol: 62.37mg (20.79%), Sodium: 977.66mg (42.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.65%), Calcium: 592.09mg (59.21%), Phosphorus: 366.75mg (36.67%), Zinc: 2.33mg (15.51%), Vitamin B12: 0.91µg (15.12%), Selenium: 8.67µg (12.38%), Vitamin A: 539.01IU (10.78%), Vitamin B2: 0.17mg (10.28%), Vitamin B6: 0.15mg (7.71%), Magnesium: 28.87mg (7.22%), Folate: 24.76µg (6.19%), Manganese: 0.11mg (5.74%), Fiber: 1.39g (5.55%), Vitamin C: 4.02mg (4.87%), Vitamin B1: 0.07mg (4.54%), Potassium: 158mg (4.51%), Vitamin B5: 0.4mg (4.01%), Copper: 0.07mg (3.35%), Vitamin D: 0.34µg (2.27%), Iron: 0.36mg (2%), Vitamin K: 1.78µg (1.69%), Vitamin E: 0.18mg (1.17%)