



Grilled Gruyere with Red Onion Confit...plus Q & A with “Cheese Wiz” Gina Freize!

READY IN



65 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 ciabatta rolls divided
- ☐ 4 servings coarse salt and pepper black
- ☐ 0.5 cup cooking wine dry red such as cabernet sauvignon or malbec
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 8 ounces gruyère cheese thinly sliced
- ☐ 3 medium onions red thinly sliced

- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted

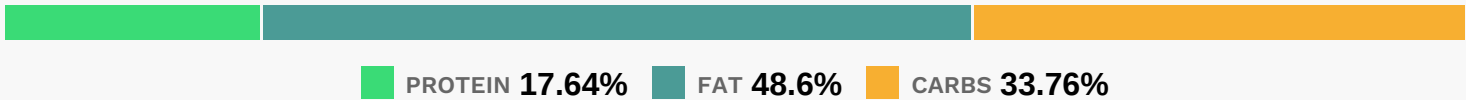
Equipment

- ☐ frying pan
- ☐ grill
- ☐ dutch oven
- ☐ panini press

Directions

- ☐ Heat the butter and olive oil in a large skillet or Dutch oven over medium heat until the butter is melted.
- ☐ Add the onions and cook them, stirring often, until they're softened, 8 to 10 minutes.
- ☐ Add the thyme, wine and sugar and continue cooking and stirring occasionally until the onions are very soft and tender, about 30 minutes. Lower the heat, if necessary, to avoid scorching.
- ☐ Pour in the balsamic vinegar and season the onions with coarse salt and pepper to taste. Continue cooking and stirring for another 5 minutes to allow the liquid to absorb. The onions will be silky, glistening and deep reddish-purple in color.
- ☐ Heat the panini grill according to the manufacturer's directions. For each sandwich: Split the ciabatta in half lengthwise. Arrange enough cheese slices inside the bottom to cover the surface. Top it with a few tablespoons of red onion confit* and more cheese. Close the sandwich with the top half of the ciabatta. Grill the panini, two at a time, until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:7.08, Inflammation Score:-10, Nutrition Score:11.599130345427%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.92mg, Quercetin: 16.92mg, Quercetin: 16.92mg, Quercetin: 16.92mg

Nutrients (% of daily need)

Calories: 538.63kcal (26.93%), Fat: 28.04g (43.14%), Saturated Fat: 15.07g (94.19%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 41.32g (15.03%), Sugar: 11.49g (12.76%), Cholesterol: 77.42mg (25.81%), Sodium: 880.3mg (38.27%), Alcohol: 3.15g (100%), Alcohol %: 1.55% (100%), Protein: 22.9g (45.8%), Calcium: 610.95mg (61.09%), Phosphorus: 374.62mg (37.46%), Vitamin A: 880.37IU (17.61%), Zinc: 2.43mg (16.21%), Vitamin B12: 0.92µg (15.32%), Vitamin C: 11.71mg (14.19%), Selenium: 8.74µg (12.49%), Vitamin B2: 0.2mg (11.79%), Fiber: 2.51g (10.03%), Manganese: 0.19mg (9.65%), Magnesium: 35.85mg (8.96%), Vitamin B6: 0.16mg (7.87%), Potassium: 203.01mg (5.8%), Folate: 23.13µg (5.78%), Vitamin E: 0.84mg (5.61%), Iron: 0.99mg (5.51%), Vitamin B1: 0.07mg (4.93%), Vitamin B5: 0.44mg (4.42%), Vitamin K: 4.46µg (4.25%), Copper: 0.07mg (3.73%), Vitamin D: 0.45µg (2.97%), Vitamin B3: 0.22mg (1.11%)