



Grilled Haloumi Cheese and Lemon

READY IN



40 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 3 inch bread peasant or country-style
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 1 large garlic clove
- ☐ 0.5 pound haloumi cheese
- ☐ 2 lemons
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar

Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ spatula
- ☐ grill pan

Directions

- ☐ Prepare a gas grill for direct-heat cooking over moderately high heat.
- ☐ Cut 8 thin slices from lemons, then squeeze enough juice from remainder to measure 2 tablespoons and put in a bowl.
- ☐ Halve cheese diagonally, then cut each triangle, cut side down, into 1/3-inch-thick slices.
- ☐ Mince garlic and mash to a paste with a pinch of salt using side of a large heavy knife, then add to lemon juice.
- ☐ Whisk in salt and sugar until dissolved, then add 1/4 cup oil, whisking until combined.
- ☐ Separately toss lemon slices and cheese each with 1/2 tablespoon dressing.
- ☐ Brush both sides of bread with remaining 2 tablespoons oil.
- ☐ Grill bread, cheese, and lemon slices on grill rack, covered, turning over once (use a metal spatula to scrape under cheese to loosen before turning), until bread is toasted (2 to 3 minutes total), grill marks appear on cheese (3 to 4 minutes total), and lemons begin to wilt (4 to 6 minutes total).
- ☐ Whisk dill into remaining dressing. Divide bread among 4 small plates and top with cheese and lemon slices.
- ☐ Drizzle with dressing and serve immediately.
- ☐ If you aren't able to grill outdoors, bread, lemon, and cheese can be cooked in a hot oiled well-seasoned large (2-burner) ridged grill pan over moderate heat.

Nutrition Facts



 PROTEIN **16.14%**  FAT **75.5%**  CARBS **8.36%**

Properties

Glycemic Index:49.81, Glycemic Load:1.63, Inflammation Score:-2, Nutrition Score:6.3265217037305%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 320.99kcal (16.05%), Fat: 27.7g (42.62%), Saturated Fat: 11.54g (72.11%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 5.24g (1.9%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 836.34mg (36.36%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 13.33g (26.65%), Calcium: 585.41mg (58.54%), Vitamin C: 29.03mg (35.19%), Vitamin E: 2.03mg (13.53%), Vitamin K: 8.23µg (7.84%), Fiber: 1.66g (6.66%), Iron: 0.5mg (2.75%), Vitamin B6: 0.05mg (2.75%), Manganese: 0.05mg (2.72%), Potassium: 81.86mg (2.34%), Vitamin B1: 0.03mg (2.07%), Folate: 7.88µg (1.97%), Magnesium: 5.4mg (1.35%), Copper: 0.03mg (1.27%), Selenium: 0.87µg (1.25%), Phosphorus: 12.38mg (1.24%), Vitamin B5: 0.12mg (1.23%)