



Grilled Jarlsberg with Shaved Asparagus and Arugula Pesto + Grilled Cheese Kit Giveaway!

♥♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 asparagus spears shaved with a vegetable peeler thick
- ☐ 2 cups baby arugula fresh
- ☐ 4 servings coarse salt and pepper black
- ☐ 0.7 cup olive oil extra virgin
- ☐ 2 large cloves garlic
- ☐ 8 ounces jarlsberg cheese shredded
- ☐ 1 tablespoon juice of lemon freshly squeezed

- ☐ 1 tablespoon lemon zest grated
- ☐ 0.7 cup parmesan cheese grated
- ☐ 8 slices rustic bread
- ☐ 2 tablespoons butter salted room temperature
- ☐ 0.3 cup walnuts

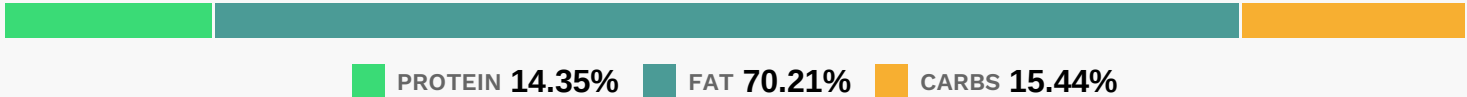
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Using a blender or food processor, blend the garlic and walnuts for a few seconds until they're the texture of a coarse meal.
- ☐ Add the baby arugula. Continue to blend, drizzling in the olive oil until the pesto is completely puréed.
- ☐ Add the cheese, lemon zest and lemon juice and blend until they are fully mixed in.
- ☐ Transfer the pesto to a small bowl, taste it and season with salt and pepper as needed.
- ☐ Let the pesto stand at room temperature for an hour to let the flavors combine.
- ☐ Spread a few teaspoons of pesto on two slices of bread. On one slice of bread add a few tablespoons of shredded cheese. Top the cheese with a small handful of shaved asparagus (about 2 spears' worth) and more cheese. Close the sandwich with the other slice of bread, pesto side down.
- ☐ Spread a little butter on top.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:41, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:13.322173898635%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 686.05kcal (34.3%), Fat: 54.35g (83.61%), Saturated Fat: 25.6g (160.02%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 23.8g (8.66%), Sugar: 13.61g (15.12%), Cholesterol: 70.05mg (23.35%), Sodium: 1047.42mg (45.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.98g (49.97%), Calcium: 592.22mg (59.22%), Vitamin K: 29.61µg (28.2%), Vitamin A: 1206.37IU (24.13%), Manganese: 0.46mg (22.79%), Phosphorus: 180.5mg (18.05%), Folate: 63.29µg (15.82%), Fiber: 3.09g (12.35%), Copper: 0.24mg (11.82%), Vitamin E: 1.77mg (11.78%), Iron: 2.11mg (11.74%), Vitamin B3: 2.29mg (11.44%), Selenium: 7.37µg (10.54%), Vitamin B1: 0.15mg (9.94%), Vitamin B2: 0.17mg (9.86%), Magnesium: 38.19mg (9.55%), Zinc: 1.35mg (9.02%), Vitamin C: 7.27mg (8.82%), Potassium: 276.07mg (7.89%), Vitamin B6: 0.13mg (6.27%), Vitamin B12: 0.24µg (3.95%), Vitamin B5: 0.27mg (2.67%)