



Grilled MILKimcheeze Sandwich from 'The Kimchi Cookbook

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



535 kcal

SIDE DISH

Ingredients

- 4 inch bread country-style
- 16 ounces monterrey jack cheese such as havarti, monterey jack, or swiss, sliced thick
- 1 cup napa cabbage coarsely chopped
- 0.3 cup butter unsalted

Equipment

- frying pan
- spatula

Directions

- Heat a griddle or a large skillet over medium–low heat.
- Butter the slices of bread on one side and place them on the skillet, butter side down (you may need to do this in batches). Distribute the cheese evenly on half of the bread slices and cook until slightly melted.
- Place the kimchi on top of the cheese, top with the remaining toasty bread slices, and cook for 1 minute more, or until the cheese is completely melted and the bread is toasted golden brown. Using a spatula, gently flip the sandwich and cook for 1 minute longer.
- Remove from the pan and cut each sandwich in half for easier handling. If working in batches, repeat with the remaining ingredients.
- Serve hot.

Nutrition Facts

PROTEIN 21.11% **FAT 76.96%** **CARBS 1.93%**

Properties

Glycemic Index:29.42, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:14.465652144474%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 534.7kcal (26.73%), Fat: 46.02g (70.8%), Saturated Fat: 28.97g (181.08%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.27g (0.83%), Sugar: 0.99g (1.1%), Cholesterol: 131.43mg (43.81%), Sodium: 695.67mg (30.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.81%), Calcium: 867.16mg (86.72%), Phosphorus: 515.68mg (51.57%), Vitamin B2: 0.46mg (27.23%), Vitamin A: 1287.05IU (25.74%), Selenium: 17.43µg (24.9%), Zinc: 3.48mg (23.23%), Vitamin B12: 0.97µg (16.09%), Vitamin K: 12.1µg (11.53%), Folate: 38.01µg (9.5%), Magnesium: 34.41mg (8.6%), Vitamin B6: 0.14mg (6.85%), Vitamin C: 5.14mg (6.22%), Vitamin D: 0.89µg (5.95%), Iron: 0.97mg (5.39%), Vitamin E: 0.65mg (4.34%), Potassium: 144.06mg (4.12%), Manganese: 0.08mg (3.97%), Vitamin B5: 0.29mg (2.95%), Copper: 0.05mg (2.46%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.33mg (1.65%), Fiber: 0.33g (1.32%)