



Grilled Pastrami, Swiss, and Sweet Onion Marmalade on Rye

READY IN



60 min.

SERVINGS



1

CALORIES



1957 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 large garlic clove minced
- ☐ 1 serving cream-filled chocolate sandwich cookie crumbs
- ☐ 1 serving onion
- ☐ 4 slices pastrami thin
- ☐ 2 medium onion red thinly sliced
- ☐ 0.5 cup red-wine vinegar

- ☐ 4 slices cocktail rye bread
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 4 ounces swiss cheese shredded
- ☐ 2 tablespoons butter unsalted softened
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons coarse mustard
- ☐ 0.5 cup red wine fruity dry such as zinfandel or grenache

Equipment

- ☐ frying pan

Directions

- ☐ Make marmalade: Melt butter with oil in a large heavy frying pan over medium-high heat.
- ☐ Add onions, garlic, sugar, salt, and pepper, stirring well to combine. Reduce heat to medium and cook, stirring occasionally, until onions have softened and browned, about 20 minutes.
- ☐ Add vinegar and wine. Cook, uncovered, stirring occasionally, until most of the liquid has been absorbed and onions are soft and sticky, about 10 minutes.
- ☐ Let marmalade cool slightly.
- ☐ Make sandwiches: Evenly spread one side of each bread slice with 1/2 tbsp. butter.
- ☐ Spread unbuttered side of 2 slices with 1 1/2 tbsp. marmalade each, then top with pastrami and cheese.
- ☐ Spread mustard on unbuttered side of remaining 2 bread slices and place each, buttered side up, on pastrami- and cheese-topped slices.
- ☐ Heat a large nonstick frying pan over medium heat.
- ☐ Add sandwiches and cook, turning once, until golden brown on both sides and cheese is melted, about 5 minutes total.
- ☐ Make ahead: Marmalade keeps up to 2 weeks, covered and chilled.

Nutrition Facts



 **PROTEIN 14.69%**  **FAT 43.14%**  **CARBS 42.17%**

Properties

Glycemic Index:493.42, Glycemic Load:106.94, Inflammation Score:-10, Nutrition Score:54.9917388066%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 13.8mg, Isorhamnetin: 13.8mg, Isorhamnetin: 13.8mg, Isorhamnetin: 13.8mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 57.13mg, Quercetin: 57.13mg, Quercetin: 57.13mg, Quercetin: 57.13mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 1956.7kcal (97.84%), Fat: 90.14g (138.68%), Saturated Fat: 45.34g (283.36%), Carbohydrates: 198.21g (66.07%), Net Carbohydrates: 184.25g (67%), Sugar: 117.82g (130.91%), Cholesterol: 249.55mg (83.18%), Sodium: 3747.43mg (162.93%), Alcohol: 12.72g (100%), Alcohol %: 1.51% (100%), Protein: 69.07g (138.14%), Selenium: 98.9µg (141.29%), Calcium: 1238.75mg (123.88%), Phosphorus: 1149.04mg (114.9%), Manganese: 2.08mg (104.09%), Vitamin B12: 5.5µg (91.71%), Zinc: 12.24mg (81.63%), Vitamin C: 61.96mg (75.1%), Vitamin B2: 1.14mg (66.92%), Vitamin B1: 0.88mg (58.38%), Vitamin B3: 11.52mg (57.62%), Fiber: 13.96g (55.83%), Folate: 216.23µg (54.06%), Iron: 9.4mg (52.23%), Magnesium: 175.54mg (43.89%), Vitamin B6: 0.84mg (42.2%), Vitamin A: 2042.65IU (40.85%), Potassium: 1250.5mg (35.73%), Vitamin K: 36.43µg (34.69%), Copper: 0.58mg (29.2%), Vitamin E: 3.37mg (22.49%), Vitamin B5: 1.95mg (19.48%), Vitamin D: 0.42µg (2.8%)