



## Grilled Pear, Roast Beef And Blue Cheese Sandwiches

READY IN



20 min.

SERVINGS



2

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 servings cheese blue crumbled
- 2 servings butter
- 2 servings mayonnaise
- 2 servings pears ripe
- 2 servings pan drippings from roast beef preferably
- 2 servings sandwich bread white hearty

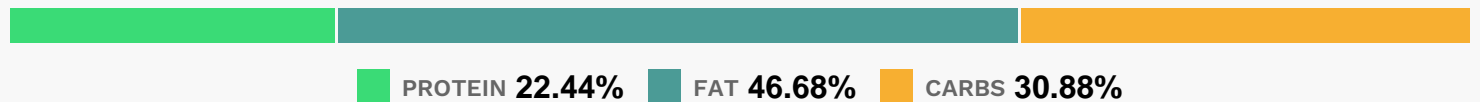
### Equipment

- bowl
- frying pan
- stove

## Directions

- On two bread slices, layer the roast beef and the pear slices. In a small bowl, mash the blue cheese and the mayonnaise with a fork.
- Spread the blue cheese mixture onto the remaining 2 bread slices, and place, blue cheese side down, onto the roast beef and pear slices.
- Spread the outside of each sandwich with butter.
- Place in a cold sauté pan on the stovetop over medium heat and cook for about 3 minutes, until golden brown. Flip the sandwiches and cook about 3 minutes more, until the other side is golden brown.
- Cut the sandwiches in half and serve. Try out these popular sandwich recipes on Food Republic: Fried Green Tomato Sandwiches With Bacon And Chutney Recipe
- Italian Grilled Pork Sandwiches Recipe
- Grilled Tuna Sandwiches Recipe

## Nutrition Facts



## Properties

Glycemic Index:119.26, Glycemic Load:7.93, Inflammation Score:-5, Nutrition Score:13.710869716561%

## Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

## Nutrients (% of daily need)

Calories: 333.47kcal (16.67%), Fat: 17.89g (27.52%), Saturated Fat: 9.36g (58.53%), Carbohydrates: 26.62g (8.87%),  
Net Carbohydrates: 21.45g (7.8%), Sugar: 16.41g (18.24%), Cholesterol: 66.85mg (22.28%), Sodium: 1251.78mg  
(54.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.69%), Vitamin C: 32.34mg (39.2%),  
Calcium: 333.77mg (33.38%), Phosphorus: 247.27mg (24.73%), Vitamin B3: 4.78mg (23.92%), Vitamin B12: 1.33µg  
(22.19%), Fiber: 5.17g (20.68%), Zinc: 3mg (20.03%), Vitamin B6: 0.32mg (16.17%), Vitamin K: 14.9µg (14.19%),  
Vitamin B2: 0.23mg (13.62%), Selenium: 8.64µg (12.35%), Potassium: 429.33mg (12.27%), Copper: 0.19mg (9.47%),  
Iron: 1.61mg (8.95%), Vitamin A: 397.96IU (7.96%), Vitamin B5: 0.79mg (7.86%), Magnesium: 30.69mg (7.67%),  
Folate: 28.98µg (7.24%), Manganese: 0.1mg (4.96%), Vitamin B1: 0.06mg (3.97%), Vitamin E: 0.52mg (3.49%),  
Vitamin D: 0.16µg (1.05%)