



Grilled Sourdough Cheddar Melt

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound ground round
- ☐ 2 cups onion coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 3 ounce processed sharp cheddar cheese 2% reduced-fat
- ☐ 1.5 ounce sourdough white
- ☐ 2 teaspoons stick margarine divided

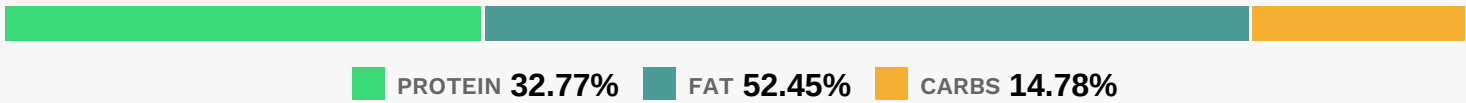
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Melt 1 teaspoon butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion, and cook for 4 minutes or until golden brown, stirring frequently. Reduce heat; cook 10 minutes or until tender, stirring occasionally. Set aside.
- ☐ Preheat broiler.
- ☐ Combine beef, pepper, and salt in a medium bowl. Divide the beef mixture into 4 equal portions, shaping each into a 1/4-inch-thick oval patty.
- ☐ Place the patties on a broiler pan coated with cooking spray; broil 4 minutes on each side or until done.
- ☐ Place 1 cheese slice over each of 4 bread slices; top each slice with 1 patty and 3 tablespoons onion mixture. Cover with the remaining bread slices. Melt 1/2 teaspoon butter in pan coated with cooking spray over medium heat; add 2 sandwiches to pan. Cook for 4 minutes on each side until browned and cheese melts. Repeat the procedure with 1/2 teaspoon butter and the remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:5.53, Inflammation Score:-6, Nutrition Score:16.296956539154%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 365.07kcal (18.25%), Fat: 21.02g (32.34%), Saturated Fat: 9.22g (57.61%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 11.69g (4.25%), Sugar: 4.03g (4.48%), Cholesterol: 94.97mg (31.66%), Sodium: 363.74mg (15.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.1%), Vitamin B12: 2.73µg (45.57%), Zinc: 6.44mg (42.96%), Selenium: 27.71µg (39.59%), Phosphorus: 342.01mg (34.2%), Vitamin B3: 6.36mg (31.82%), Vitamin B6: 0.54mg (26.97%), Calcium: 206.1mg (20.61%), Vitamin B2: 0.32mg (18.76%), Iron: 3.11mg (17.29%), Potassium: 512.33mg (14.64%), Magnesium: 39.58mg (9.9%), Manganese: 0.2mg (9.79%), Vitamin B1: 0.14mg (9.66%), Folate: 38.32µg (9.58%), Vitamin B5: 0.92mg (9.22%), Vitamin C: 5.92mg (7.18%), Copper: 0.13mg (6.74%), Fiber: 1.64g (6.54%), Vitamin A: 303.59IU (6.07%), Vitamin E: 0.64mg (4.26%), Vitamin K: 1.96µg (1.87%), Vitamin D: 0.24µg (1.61%)