



Grilled Wine & Cheese



Gluten Free



Popular

READY IN



26 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 8 slices asiago cheese bread (such as from Panera Bread)
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 4 servings dijon mustard
- ☐ 1 ounce cooking wine dry white
- ☐ 4 ounces gruyère cheese sliced
- ☐ 0.5 small onion thinly sliced

Equipment

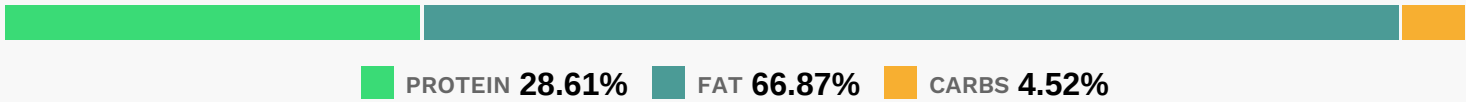
- ☐ grill

- ☐ pastry brush
- ☐ panini press

Directions

- ☐ Preheat the panini grill to medium-high heat. For each sandwich, moisten the bottom piece of toasted bread with wine using a pastry brush or your fingertips. Next, spread mustard on bottom piece of bread, then add one fourth of the cheese, tomato, and onion. Grind a generous amount of pepper over the sandwich and top with another slice of bread. Grill for 3 to 4 minutes until the cheese is melted and the bread is toasted.
- ☐ Serve immediately and enjoy!

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:4.8186955905479%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 137.54kcal (6.88%), Fat: 9.85g (15.16%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.63g (0.7%), Cholesterol: 32.54mg (10.85%), Sodium: 290.18mg (12.62%), Alcohol: 0.73g (100%), Alcohol %: 1.8% (100%), Protein: 9.49g (18.97%), Calcium: 316.25mg (31.63%), Phosphorus: 194.77mg (19.48%), Selenium: 6.32µg (9.02%), Zinc: 1.22mg (8.11%), Vitamin B12: 0.48µg (7.96%), Vitamin A: 288.65IU (5.77%), Vitamin B2: 0.09mg (5.45%), Magnesium: 15.24mg (3.81%), Manganese: 0.06mg (2.92%), Vitamin B6: 0.04mg (2.13%), Vitamin B1: 0.03mg (2.12%), Vitamin B5: 0.2mg (1.99%), Fiber: 0.39g (1.56%), Potassium: 51.44mg (1.47%), Folate: 5.08µg (1.27%), Vitamin D: 0.18µg (1.2%), Iron: 0.19mg (1.06%), Vitamin K: 1.1µg (1.05%)