



Hog Island Grilled Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 oz butter at room temperature ()
- 8 slices bread thick
- 4 ounces lillet blanc
- 4 ounces gruyere cheese grated (coarsely (you could swap Comté or Swiss)
- 4 ounces cheddar cheese grated (coarsely (up to you how sharp a Cheddar)
- 4 ounces havarti cheese grated (coarsely)

Equipment

- frying pan

- spatula
- cutting board

Directions

- Butter one side of each slice of bread, using all of the butter.
- Place 4 of the slices, buttered side down, on a parchment-lined counter or a cutting board.
- Spread 1/4 of the fromage blanc on the plain side of each of those 4 slices, then top each with 1/4 of the Gruyère, 1/4 of the Cheddar, and 1/4 of the Havarti. You may need to use your hand to squash the cheese a little to keep it from falling off the bread. Top each teetering tower of cheese with one of the remaining bread slices, buttered side up.
- Heat a large skillet over medium heat for 2 minutes.
- Place 1 or 2 sandwiches in the pan, cover, and cook for 3 to 5 minutes, until the undersides are golden brown. Turn the sandwiches and press each one firmly with a spatula to flatten it slightly. Cover and cook for 3 to 4 minutes, until the undersides are well browned.
- Remove the lid, turn the sandwiches once more, and press firmly with the spatula once again. Cook for 1 minute, or until the cheese has melted completely into a quagmire of gooeyness.
- Remove from the pan and let cool for 5 minutes while you repeat with the remaining sandwiches.
- Cut each in—either on the diagonal or right down the center—and serve immediately. With plenty of napkins. Originally published April 11, 2011.

Nutrition Facts

 **PROTEIN 20.53%**  **FAT 57.1%**  **CARBS 22.37%**

Properties

Glycemic Index:33.92, Glycemic Load:14.48, Inflammation Score:-7, Nutrition Score:18.160434849884%

Nutrients (% of daily need)

Calories: 578.87kcal (28.94%), Fat: 34.68g (53.35%), Saturated Fat: 19.74g (123.37%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 28.34g (10.31%), Sugar: 5.85g (6.5%), Cholesterol: 99.72mg (33.24%), Sodium: 912.31mg (39.67%), Alcohol: 4.82g (100%), Alcohol %: 3.46% (100%), Protein: 28.05g (56.1%), Calcium: 730.54mg (73.05%), Phosphorus: 525.55mg (52.55%), Selenium: 30.74µg (43.92%), Manganese: 0.69mg (34.6%), Vitamin B2: 0.44mg (25.95%), Zinc: 3.87mg (25.79%), Vitamin B12: 1.16µg (19.29%), Vitamin A: 955.86IU (19.12%), Folate: 73.61µg

(18.4%), Vitamin B1: 0.27mg (17.99%), Vitamin B3: 3.21mg (16.03%), Magnesium: 48.59mg (12.15%), Iron: 2.16mg (11.98%), Fiber: 2.24g (8.96%), Vitamin B5: 0.84mg (8.4%), Vitamin B6: 0.13mg (6.52%), Copper: 0.13mg (6.28%), Vitamin E: 0.76mg (5.04%), Vitamin K: 4.69µg (4.46%), Potassium: 144.48mg (4.13%), Vitamin D: 0.42µg (2.77%)