



## Jalapeño Popper Grilled Cheese Sandwich



Vegetarian



Popular

READY IN



40 min.

SERVINGS



1

CALORIES



839 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon butter room temperature
- ☐ 2 tablespoons cream cheese room temperature
- ☐ 0.5 cup jack and cheddar cheese shredded
- ☐ 2 jalapeño peppers seeded cut in half lengthwise and
- ☐ 2 slices dough bread sour
- ☐ 1 tablespoon tortilla chips crumbled

### Equipment

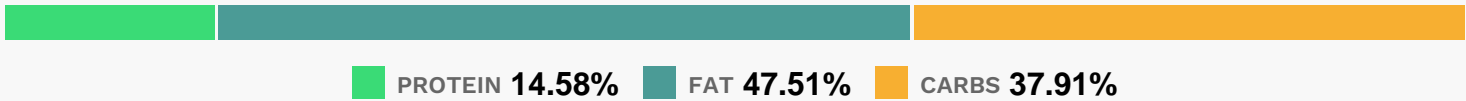
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ grill

## Directions

- ☐ Place the peppers on a baking sheet with the cut side facing down.
- ☐ Place the baking sheet on the top shelf in the oven and broil until the outer layer of the skin has blackened, about 8–14 minutes.
- ☐ Place the peppers in a zip-lock bag or other sealable container, seal and let them cool until you can handle them, about 20 minutes.
- ☐ Remove the skins from the peppers. The skins should easily "pinch" off. Butter the outside of each slice of bread and spread the cream cheese on the inside.
- ☐ Sprinkle half of the cheese on the cream cheese of one slice of bread, top with the jalapenos, crumbled tortilla chips, the remaining cheese and finally the other slice of bread.
- ☐ Heat a non-stick pan over medium heat.
- ☐ Add the sandwich and grill until golden brown and the cheese has melted, about 2–4 minutes per side.

## Nutrition Facts



## Properties

Glycemic Index:216.5, Glycemic Load:52.08, Inflammation Score:-9, Nutrition Score:28.143913258677%

## Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 838.7kcal (41.93%), Fat: 44.71g (68.79%), Saturated Fat: 24.96g (156.02%), Carbohydrates: 80.27g (26.76%), Net Carbohydrates: 75.87g (27.59%), Sugar: 8.56g (9.52%), Cholesterol: 109.68mg (36.56%), Sodium: 1339.98mg (58.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.87g (61.75%), Selenium: 48.2µg (68.85%), Vitamin B1: 0.96mg (63.77%), Calcium: 538.57mg (53.86%), Vitamin B2: 0.87mg (51.08%), Phosphorus: 460.2mg (46.02%), Folate: 179.97µg (44.99%), Vitamin C: 33.21mg (40.25%), Manganese: 0.71mg (35.36%), Vitamin

B3: 6.74mg (33.68%), Iron: 5.74mg (31.89%), Vitamin A: 1476.1IU (29.52%), Zinc: 3.43mg (22.85%), Magnesium: 75.73mg (18.93%), Fiber: 4.4g (17.59%), Vitamin B6: 0.34mg (17.1%), Vitamin E: 2.51mg (16.76%), Copper: 0.25mg (12.25%), Vitamin K: 12.17µg (11.59%), Vitamin B5: 0.99mg (9.9%), Potassium: 333.52mg (9.53%), Vitamin B12: 0.56µg (9.28%), Vitamin D: 0.34µg (2.26%)