

Jalapeno Cornbread Grilled Cheese with Chipotle Caramelized Onions, Refried Black Beans and Guacamole

 Vegetarian  Gluten Free  Popular

READY IN



15 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 batch refried black beans
- 4 tablespoons butter room temperature
- 1 batch chipotle caramelized onions
- 2 cups cheddar cheese grated room temperature
- 1 batch guacamole
- 1 loaf jalapeno cornbread

Equipment

- frying pan
- grill

Directions

- Heat a pan over medium heat.
- Butter up one side of each slice of cornbread, put half of them butter side down in the pan, sprinkle on half the cheese followed by the onions, a dollop of refried beans, the remaining cheese and cornbread with the buttered side up.
- Grill until golden brown, carefully flip and continue grilling until the other side is golden brown and the cheese has melted, about 2-4 minutes per side.
- Top with guacamole, sour cream and cilantro and enjoy!

Nutrition Facts

PROTEIN 15.91% **FAT 82.29%** **CARBS 1.8%**

Properties

Glycemic Index:51.5, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:7.5730433522359%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 331.8kcal (16.59%), Fat: 30.6g (47.08%), Saturated Fat: 18.05g (112.81%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.22g (0.24%), Cholesterol: 86.6mg (28.87%), Sodium: 459.57mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.63%), Calcium: 403mg (40.3%), Phosphorus: 262.75mg (26.27%), Selenium: 16.14µg (23.05%), Vitamin A: 919.07IU (18.38%), Vitamin B2: 0.25mg (14.98%), Zinc: 2.09mg (13.94%), Vitamin B12: 0.62µg (10.38%), Vitamin E: 0.76mg (5.08%), Magnesium: 15.85mg (3.96%), Folate: 12.98µg (3.24%), Vitamin B5: 0.25mg (2.54%), Vitamin K: 2.44µg (2.32%), Vitamin D: 0.34µg (2.26%), Vitamin B6: 0.04mg (2.08%), Potassium: 49.95mg (1.43%), Vitamin B1: 0.02mg (1.21%)