



WHATSheATE



Jalapeno Popper Grilled Cheese



Vegetarian



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices country bread white
- ☐ 1 cup aged cheddar shredded
- ☐ 6 jalapeños cut in half lengthwise
- ☐ 1 cup mascarpone cheese
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 2 tablespoons butter salted

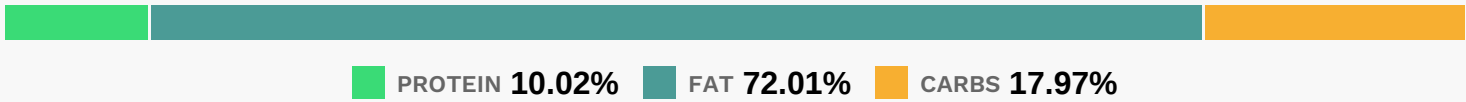
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
- ☐ Toss the jalapenos with 1 tablespoon olive oil, some salt and pepper and lay skin-side up on the prepared baking sheet.
- ☐ Bake until the skin is blistered, 10 to15 minutes.
- ☐ Place in a plastic baggie for about 5 minutes loosen the skin. Pull off the skin, remove the majority of seeds and ribs, and slice. Set aside.
- ☐ Spread the mascarpone on 4 slices of bread and divide the Cheddar among the other 4 slices. Divide the sliced jalapenos among the 4 sandwiches. Close, and butter both sides of the bread.
- ☐ Heat half of the remaining oil on a flat griddle over medium heat. Grill one side of the sandwiches until golden.
- ☐ Remove, heat the remaining oil and repeat with the second side until golden and the insides are all melty and gooey.

Nutrition Facts



Properties

Glycemic Index:45.94, Glycemic Load:17.97, Inflammation Score:-8, Nutrition Score:13.442173911178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 621.54kcal (31.08%), Fat: 49.47g (76.1%), Saturated Fat: 26.17g (163.55%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 26.05g (9.47%), Sugar: 3.63g (4.04%), Cholesterol: 99.55mg (33.18%), Sodium: 693.76mg (30.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.97%), Calcium: 388.37mg (38.84%), Vitamin C: 24.91mg (30.19%), Vitamin A: 1472.38IU (29.45%), Selenium: 19.75µg (28.21%), Phosphorus: 193.02mg (19.3%), Vitamin B1: 0.27mg (18.03%), Folate: 67.31µg (16.83%), Manganese: 0.32mg (15.98%), Vitamin B2: 0.26mg (15.39%), Vitamin E: 2.24mg (14.96%), Vitamin B3: 2.67mg (13.33%), Iron: 1.82mg (10.11%), Zinc: 1.51mg (10.09%), Vitamin K: 9.37µg (8.92%), Vitamin B6: 0.15mg (7.68%), Fiber: 1.74g (6.95%), Magnesium: 24.42mg (6.11%), Vitamin B12: 0.31µg (5.19%), Vitamin B5: 0.46mg (4.59%), Copper: 0.08mg (4.06%), Potassium: 134.12mg (3.83%), Vitamin D: 0.17µg (1.13%)