



Jalapeno Popper Grilled Cheese Sandwich

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons butter
- 0.5 cup colby-monterey jack cheese shredded
- 2 ounces cream cheese softened
- 10 pickled jalapeño pepper chopped to taste
- 2 ciabatta sandwich rolls
- 1 tablespoon cup heavy whipping cream sour
- 8 tortilla chips crushed

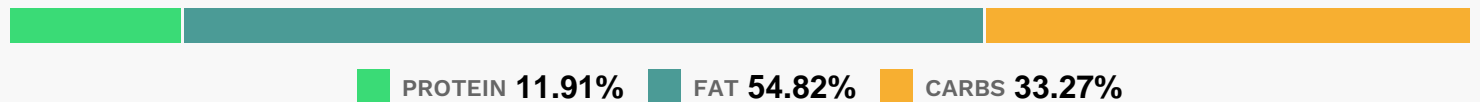
Equipment

- bowl
- frying pan
- grill

Directions

- Combine the cream cheese, sour cream, and pickled jalapeno in a small bowl. Set aside. Preheat skillet over medium heat.
- Slice each roll in half horizontally, then slice the rounded tops off the ciabatta rolls to make a flat top half.
- Spread 1 teaspoon butter on the doughy cut side of the bottom bun and 1 teaspoon butter on the now flattened top bun.
- Place half of the cream cheese mixture, half of the crushed chips, and half of the shredded cheese on the non-buttered side of the bottom bun.
- Place the top half of the bun on the sandwich and place the sandwich on the hot skillet. Repeat with the second sandwich.
- Grill until lightly browned and flip over, about 3 to 5 minutes; continue grilling until cheese is melted and the second side is golden brown.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:20.997826197873%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 532.13kcal (26.61%), Fat: 32.78g (50.43%), Saturated Fat: 17.62g (110.1%), Carbohydrates: 44.77g (14.92%), Net Carbohydrates: 40.85g (14.85%), Sugar: 5.4g (6%), Cholesterol: 78.82mg (26.27%), Sodium: 676.22mg (29.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.06%), Vitamin C: 83.07mg (100.7%), Selenium: 29.95µg (42.79%), Vitamin A: 1640.22IU (32.8%), Calcium: 321.97mg (32.2%), Phosphorus: 264.92mg (26.49%), Vitamin B2: 0.44mg (25.75%), Vitamin E: 3.74mg (24.94%), Vitamin B1: 0.33mg (21.98%), Folate: 82.79µg (20.7%),

Vitamin B6: 0.38mg (18.78%), Vitamin B3: 3.48mg (17.38%), Vitamin K: 17.89µg (17.04%), Manganese: 0.34mg (16.85%), Fiber: 3.92g (15.68%), Iron: 2.47mg (13.71%), Zinc: 1.82mg (12.12%), Magnesium: 46.95mg (11.74%), Potassium: 327.2mg (9.35%), Vitamin B5: 0.85mg (8.48%), Copper: 0.15mg (7.6%), Vitamin B12: 0.33µg (5.44%), Vitamin D: 0.17µg (1.13%)