



Kale and Caramelized Onion Grilled Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.9 cup cheese shredded
- ☐ 4 medium kale
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 ounce multigrain bread
- ☐ 0.3 cup parmesan cheese divided finely grated
- ☐ 2 medium red onions red cut into 1/2-inch-thick slices
- ☐ 1 teaspoon red wine vinegar red

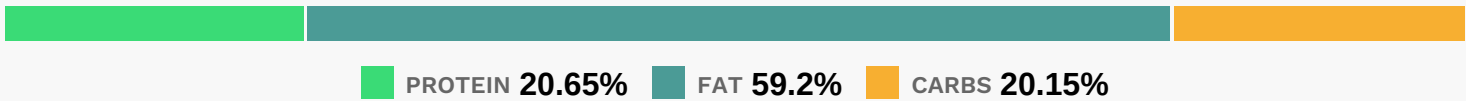
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 30
- ☐ Bring a small pot of water to a boil; add kale.
- ☐ Remove from heat; let stand 4 minutes or until kale is bright green.
- ☐ Drain; rinse kale under cold water until cool. Pat leaves dry.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion, pepper, and salt. Cook 10 minutes or until onion is tender and browned, stirring frequently.
- ☐ Remove from heat; stir in vinegar, tossing to coat. Coarsely chop onion.
- ☐ Heat a large nonstick skillet over medium heat. Lightly coat 1 side of each bread slice with cooking spray. Working with 2 slices at a time, arrange bread in pan, sprayed side down. Cook 1 1/2 minutes or until bread begins to brown.
- ☐ Sprinkle 1 tablespoon Parmesan on 1 bread slice in pan. Top with 1 kale leaf, one-fourth of onion mixture, and about 1/4 cup raclette. Top with other toasted bread slice.
- ☐ Transfer sandwich to a baking sheet. Repeat procedure with remaining 6 bread slices, Parmesan, 3 kale leaves, onion mixture, and raclette.
- ☐ Bake sandwiches at 300 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:3.21, Inflammation Score:0, Nutrition Score:10.791304380997%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

Nutrients (% of daily need)

Calories: 187.44kcal (9.37%), Fat: 12.49g (19.22%), Saturated Fat: 6.02g (37.59%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 7.72g (2.81%), Sugar: 2.86g (3.18%), Cholesterol: 28.97mg (9.66%), Sodium: 374.51mg (16.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.61%), Vitamin K: 46µg (43.81%), Calcium: 301.58mg (30.16%), Vitamin A: 1397.39IU (27.95%), Phosphorus: 193.91mg (19.39%), Vitamin C: 14.35mg (17.39%), Manganese: 0.32mg (15.76%), Selenium: 10.61µg (15.16%), Vitamin B2: 0.19mg (11.46%), Zinc: 1.34mg (8.95%), Fiber: 1.84g (7.37%), Folate: 25.9µg (6.47%), Magnesium: 24.28mg (6.07%), Vitamin B6: 0.12mg (6.03%), Vitamin B12: 0.34µg (5.62%), Vitamin B1: 0.08mg (5.01%), Potassium: 163.25mg (4.66%), Vitamin E: 0.67mg (4.48%), Iron: 0.58mg (3.23%), Copper: 0.06mg (2.76%), Vitamin B3: 0.54mg (2.69%), Vitamin B5: 0.26mg (2.58%), Vitamin D: 0.18µg (1.2%)