



Kale, Grilled Garlic and Cheddar Panini



Vegetarian



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 4 tablespoons butter room temperature
- ☐ 4 servings coarse salt
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 head garlic
- ☐ 1 pound kale rinsed roughly chopped
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 8 slices rustic bread white sliced

- ☐ 1 shallots thinly sliced
- ☐ 4 ounces sharp cheddar cheese sliced
- ☐ 0.5 cup water

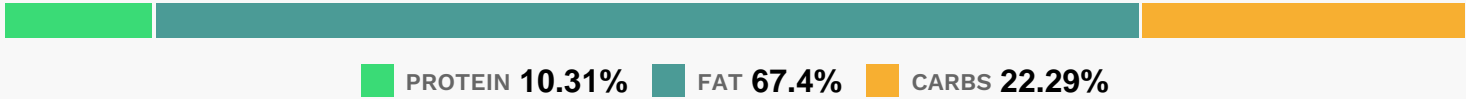
Equipment

- ☐ pot
- ☐ grill
- ☐ aluminum foil
- ☐ dutch oven
- ☐ butter knife
- ☐ panini press

Directions

- ☐ Heat the panini maker to medium-high heat. Peel away the outer skin from the head of garlic, keeping the individual cloves intact. Slice off 1/4-inch from the top of the garlic, exposing the cloves.
- ☐ Lay the garlic on a piece of aluminum foil large enough to wrap it.
- ☐ Drizzle the cut side with olive oil and season it with salt. Wrap the garlic in the foil.
- ☐ Place the cut side down on the grill and grill the garlic until the cloves are very soft and tender, about 30 minutes. Once they're cool enough to touch, squeeze the roasted garlic cloves out of their skins. Keep the panini maker on. In the meantime, prepare the kale.
- ☐ Heat the olive oil in a large pot or Dutch oven over medium-high heat.
- ☐ Add the shallots and cook them, stirring, until they're tender and fragrant, about a minute.
- ☐ Add the red pepper flakes and the kale and carefully toss the kale to coat it in the oil.
- ☐ Pour in the water. Cover the pot, reduce the heat to medium-low and cook the kale for another 10 minutes.
- ☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over one slice of bread and use a butter knife to spread 1/4 of the soft cloves of roasted garlic on the other side. Top the garlic with sautéed kale and cheese. Close the sandwich with the other slice of bread, buttered side up. Grill the panini, two at a time, until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:28.143478222515%

Flavonoids

Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.09mg, Kaempferol: 53.09mg, Kaempferol: 53.09mg, Kaempferol: 53.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 25.73mg, Quercetin: 25.73mg, Quercetin: 25.73mg, Quercetin: 25.73mg

Nutrients (% of daily need)

Calories: 525.77kcal (26.29%), Fat: 40.35g (62.08%), Saturated Fat: 21.01g (131.33%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 23.61g (8.58%), Sugar: 13.95g (15.5%), Cholesterol: 58.45mg (19.48%), Sodium: 682.42mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.77%), Vitamin K: 446.26µg (425%), Vitamin A: 11981.8IU (239.64%), Vitamin C: 108.6mg (131.63%), Calcium: 508.32mg (50.83%), Manganese: 0.9mg (44.82%), Vitamin B2: 0.57mg (33.46%), Folate: 104.23µg (26.06%), Fiber: 6.42g (25.67%), Phosphorus: 225.32mg (22.53%), Iron: 2.94mg (16.31%), Vitamin B3: 3.23mg (16.14%), Potassium: 559.59mg (15.99%), Vitamin B6: 0.3mg (14.82%), Selenium: 10.27µg (14.67%), Vitamin B1: 0.21mg (14.06%), Magnesium: 55.8mg (13.95%), Vitamin E: 1.82mg (12.15%), Zinc: 1.69mg (11.26%), Vitamin B12: 0.32µg (5.41%), Copper: 0.1mg (5.08%), Vitamin B5: 0.3mg (2.96%), Vitamin D: 0.17µg (1.13%)