



Kimchi Grilled Cheese + Judging the Great Midwest Grilled Cheese Contest

 Vegetarian

READY IN



24 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

Ingredients

- ☐ 1 baguette french mini cut into 4 servings, or 4 baguettes
- ☐ 1 cup kimchi hot (see Note)
- ☐ 8 ounces sharp cheddar cheese sliced

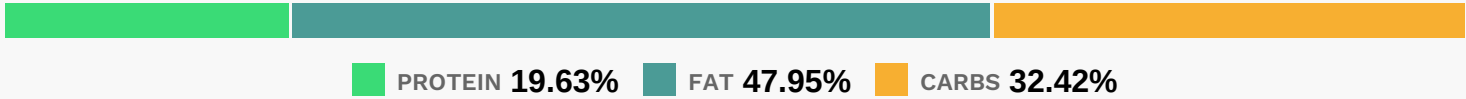
Equipment

- ☐ grill
- ☐ panini press

Directions

☐ Heat the panini press to medium-high heat. For each sandwich: Slice off the domed top of a baguette portion to create a flat grilling surface. Split the baguette to create top and bottom halves. On the bottom half layer cheese, kimchi, and more cheese. Close the sandwich with the top baguette half. Grill two panini at a time, with the lid closed, until the cheese is melted and the baguettes are toasted, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:21, Inflammation Score:-6, Nutrition Score:14.985652135766%

Nutrients (% of daily need)

Calories: 397.52kcal (19.88%), Fat: 21.13g (32.5%), Saturated Fat: 11.25g (70.28%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 30.36g (11.04%), Sugar: 3.42g (3.8%), Cholesterol: 56.7mg (18.9%), Sodium: 900.24mg (39.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.92%), Calcium: 475.97mg (47.6%), Selenium: 26.94µg (38.49%), Phosphorus: 325.96mg (32.6%), Vitamin B2: 0.51mg (30.06%), Vitamin B1: 0.38mg (25.54%), Folate: 93.73µg (23.43%), Zinc: 2.64mg (17.59%), Iron: 2.97mg (16.48%), Vitamin B3: 3.18mg (15.92%), Vitamin K: 15.77µg (15.02%), Manganese: 0.3mg (14.78%), Vitamin A: 594.86IU (11.9%), Vitamin B12: 0.6µg (10.02%), Magnesium: 35.58mg (8.9%), Vitamin B6: 0.17mg (8.27%), Fiber: 1.77g (7.09%), Copper: 0.1mg (5.06%), Potassium: 164.57mg (4.7%), Vitamin B5: 0.47mg (4.7%), Vitamin E: 0.64mg (4.25%), Vitamin D: 0.34µg (2.27%)