



Mary's Grilled Cheese Sandwich with Spicy Buffalo Chicken, Pepper Jack and Blue Cheese

READY IN



11 min.

SERVINGS



1

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cheese blue crumbled at room temperature
- 0.3 cup chicken breast shredded cooked
- 1 teaspoon heavy cream
- 1 tablespoon hot sauce such as frank's hot
- 1 slice pepper jack cheese
- 2 teaspoons butter unsalted melted
- 2 slices bread white soft

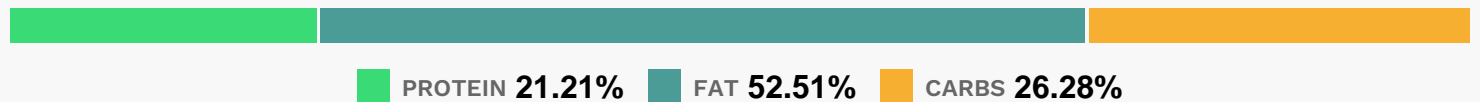
Equipment

- food processor
- bowl
- frying pan
- grill
- stove

Directions

- Brush both sides of each slice of bread with the butter.
- Place the blue cheese and heavy cream in a food processor fitted with a steel blade and process until smooth.
- Spread the pureed blue cheese over the top of one side of each slice of bread.
- In a small bowl, mix together the chicken and hot sauce and arrange it over the blue cheese puree on one slice of the bread.
- Place the pepper jack cheese on top of the chicken and cover it with the other slice of bread, blue cheese puree side down.
- Heat a griddle on top of the stove over medium-high heat.
- Place the sandwich on the griddle and grill for about 2 to 3 minutes on each side, or until the bread is golden brown and the cheese is melted. Slice the sandwich into 8 small serving pieces.

Nutrition Facts



Properties

Glycemic Index:128.78, Glycemic Load:17.62, Inflammation Score:-5, Nutrition Score:12.677391233652%

Nutrients (% of daily need)

Calories: 386.62kcal (19.33%), Fat: 22.45g (34.54%), Saturated Fat: 12.66g (79.11%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 24.09g (8.76%), Sugar: 3.13g (3.47%), Cholesterol: 77.34mg (25.78%), Sodium: 817.29mg (35.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.81%), Selenium: 24.52µg (35.03%), Calcium:

310.06mg (31.01%), Vitamin B3: 5.27mg (26.35%), Phosphorus: 250.76mg (25.08%), Vitamin B1: 0.29mg (19.1%), Vitamin B2: 0.3mg (17.86%), Folate: 64.83µg (16.21%), Manganese: 0.31mg (15.59%), Iron: 2.35mg (13.03%), Zinc: 1.82mg (12.16%), Vitamin B6: 0.24mg (12.01%), Vitamin C: 9.75mg (11.82%), Vitamin A: 574.21IU (11.48%), Vitamin B5: 0.81mg (8.11%), Magnesium: 29.33mg (7.33%), Vitamin B12: 0.39µg (6.44%), Potassium: 199.45mg (5.7%), Copper: 0.1mg (4.86%), Fiber: 1.19g (4.76%), Vitamin E: 0.48mg (3.17%), Vitamin D: 0.39µg (2.61%), Vitamin K: 1.97µg (1.87%)