

Mini Sage-and-Fontina Grilled Cheese Sandwiches

READY IN



45 min.

SERVINGS



32

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup parmesan cheese packed finely grated ()
- ☐ 5 teaspoons sage fresh whole chopped
- ☐ 0.8 cup butter unsalted ()
- ☐ 80 bread country-style

Equipment

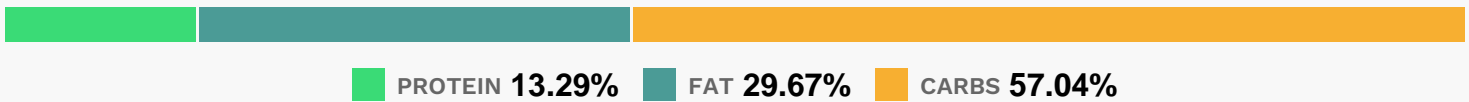
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ cutting board

Directions

- ☐ Melt butter in small saucepan over mediumheat; sprinkle with salt.
- ☐ Pour half ofbutter into small bowl and reserve.
- ☐ Addchopped sage to remaining melted butter insaucepan; stir over medium heat 30 seconds.
- ☐ Arrange 8 bread slices on worksurface.
- ☐ Brush top side with all of melted sage butter. Divide Fontina cheese amongbread slices; sprinkle Parmesan over each,dividing equally.
- ☐ Sprinkle with freshlyground black pepper. Top with remaining8 bread slices, pressing to adhere.
- ☐ Brushtop side of sandwiches with some ofreserved plain melted butter. Press 4 wholesage leaves atop each sandwich to adhere.
- ☐ Heat 2 heavy large skillets over mediumheat.
- ☐ Place 4 sandwiches, sage-leaf sidedown, in each skillet and cook until goldenbrown on bottom, 4 to 5 minutes.
- ☐ Brush topof sandwiches with remaining plain meltedbutter; turn sandwiches over and cook untilgolden brown on bottom and cheese melts,about 4 minutes.
- ☐ Transfer sandwiches,sage-leaf side up, to cutting board.
- ☐ Cuteach sandwich into 4 pieces (each minisandwich should contain 1 whole sageleaf).
- ☐ Transfer to platter and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:1.83, Glycemic Load:17.86, Inflammation Score:-3, Nutrition Score:11.697826098489%

Nutrients (% of daily need)

Calories: 233.69kcal (11.68%), Fat: 7.72g (11.88%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 30.58g (11.12%), Sugar: 4.01g (4.46%), Cholesterol: 12.12mg (4.04%), Sodium: 345.37mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Copper: 1.05mg (52.6%), Manganese: 0.87mg (43.32%), Selenium: 20.49µg (29.27%), Vitamin B3: 3.92mg (19.58%), Vitamin B1: 0.29mg (19.27%), Folate: 59.71µg (14.93%), Iron: 2.56mg (14.22%), Fiber: 2.82g (11.29%), Vitamin B2: 0.18mg (10.66%), Calcium: 97.73mg (9.77%), Phosphorus: 96.65mg (9.66%), Magnesium: 29.61mg (7.4%), Vitamin B5: 0.58mg (5.82%), Zinc: 0.77mg (5.15%), Vitamin B6: 0.08mg (3.92%), Vitamin K: 3.82µg (3.63%), Potassium: 102.75mg (2.94%), Vitamin A: 141.11IU (2.82%), Vitamin E: 0.26mg (1.74%)