



Mushroom Grilled Cheese Sandwich (aka The Mushroom Melt)

♥ Popular

READY IN



50 min.

SERVINGS



2

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bread
- ☐ 2 tablespoon butter
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 1 cup fontina shredded
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion sliced

- ☐ 0.3 cup parmigiano reggiano grated
- ☐ 1 tablespoon parsley chopped
- ☐ 2 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 0.5 teaspoon truffle oil
- ☐ 0.3 cup white wine

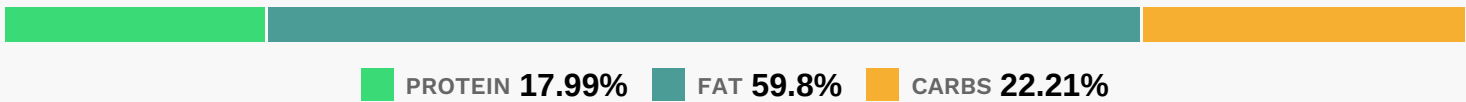
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Melt the butter and heat the oil in a pan over medium heat.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Add the cremini mushrooms and saute until the start to caramelized and turn golden brown, about 10–15 minutes.
- ☐ Add the wine, deglaze the pan and cook until most of the liquid has evaporated, about 2–3 minutes.Season with salt and pepper, add the parsley and remove from heat and let cool a bit.
- ☐ Mix the cheese into the mushrooms.Butter one side of each slice of bread and place 2 in the pan buttered side down.Top each with 1/2 of the mushroom mixture and finally the remaining slices of bread with the buttered side up.Grill until the cheese has melted and the bread is golden brown, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:155.83, Glycemic Load:15.86, Inflammation Score:-9, Nutrition Score:29.829565193342%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 700.03kcal (35%), Fat: 45.84g (70.53%), Saturated Fat: 23.45g (146.59%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 34.54g (12.56%), Sugar: 8.11g (9.01%), Cholesterol: 115.16mg (38.39%), Sodium: 1288.52mg (56.02%), Alcohol: 3.09g (100%), Alcohol %: 1.15% (100%), Protein: 31.02g (62.05%), Selenium: 58.77µg (83.95%), Calcium: 627.96mg (62.8%), Phosphorus: 549.15mg (54.91%), Vitamin B2: 0.9mg (53.03%), Manganese: 0.99mg (49.58%), Vitamin K: 43.58µg (41.5%), Vitamin B3: 7.72mg (38.58%), Copper: 0.7mg (35.14%), Zinc: 4.67mg (31.11%), Vitamin B5: 2.6mg (26.02%), Vitamin B1: 0.38mg (25.54%), Vitamin A: 1268.15IU (25.36%), Vitamin B12: 1.4µg (23.27%), Folate: 91.73µg (22.93%), Potassium: 745.8mg (21.31%), Iron: 3.28mg (18.21%), Vitamin B6: 0.35mg (17.65%), Fiber: 3.78g (15.14%), Magnesium: 58.04mg (14.51%), Vitamin E: 1.82mg (12.16%), Vitamin C: 7.9mg (9.57%), Vitamin D: 0.57µg (3.81%)