



## Pesto-Crusted Grilled Cheese

 Vegetarian

READY IN



21 min.

SERVINGS



4

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 oz cheddar cheese
- ☐ 4 oz fontina
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons pesto sauce jarred
- ☐ 12 oz roasted bell peppers red drained chopped
- ☐ 8 slices sourdough bread

### Equipment

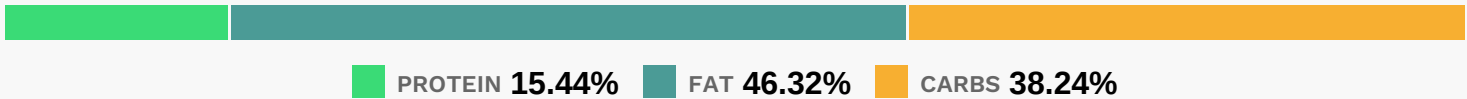
- ☐ frying pan

- ☐ wax paper
- ☐ spatula

## Directions

- ☐ Stir together mayonnaise and pesto sauce.
- ☐ Spread evenly on 1 side of each sourdough bread slice.
- ☐ Place 4 bread slices, pesto sides down, on wax paper.
- ☐ Layer 4 bread slices on wax paper each with 1 fontina cheese slice, bell peppers, and 1 Cheddar cheese slice; top with remaining bread slices, pesto sides up.
- ☐ Cook sandwiches, in batches, on a hot griddle or in a nonstick skillet over medium heat, gently pressing with a spatula, 3 minutes on each side or until golden brown and cheese melts.
- ☐ \*Provolone or mozzarella cheese slices may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:46.13, Glycemic Load:51.57, Inflammation Score:-8, Nutrition Score:28.068695565929%

## Nutrients (% of daily need)

Calories: 745.37kcal (37.27%), Fat: 38.55g (59.3%), Saturated Fat: 14.27g (89.16%), Carbohydrates: 71.59g (23.86%), Net Carbohydrates: 67.63g (24.59%), Sugar: 6.79g (7.55%), Cholesterol: 69.68mg (23.22%), Sodium: 2535.74mg (110.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.81%), Selenium: 49.43µg (70.61%), Vitamin B1: 0.95mg (63.07%), Vitamin C: 39.55mg (47.94%), Calcium: 471.35mg (47.14%), Folate: 179.64µg (44.91%), Vitamin B2: 0.76mg (44.62%), Manganese: 0.81mg (40.75%), Phosphorus: 383.26mg (38.33%), Vitamin B3: 6.69mg (33.47%), Iron: 5.88mg (32.66%), Vitamin K: 32.74µg (31.18%), Zinc: 3.54mg (23.63%), Vitamin A: 1148.48IU (22.97%), Vitamin B6: 0.33mg (16.65%), Copper: 0.33mg (16.26%), Fiber: 3.96g (15.83%), Magnesium: 62.13mg (15.53%), Vitamin B12: 0.8µg (13.32%), Potassium: 317.64mg (9.08%), Vitamin E: 1.17mg (7.8%), Vitamin B5: 0.73mg (7.31%), Vitamin D: 0.38µg (2.52%)