



Rajas Grilled Cheese Panini + Tillamook Cheese Giveaway!

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces pepper jack cheese sliced
- ☐ 1 poblano pepper
- ☐ 1 bell pepper red
- ☐ 8 slices sourdough bread
- ☐ 2 teaspoons vegetable oil
- ☐ 1 small onion white sliced into 1/ rounds, rings intact

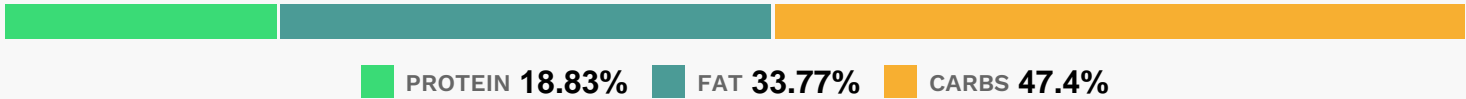
Equipment

- ☐ grill
- ☐ panini press

Directions

- ☐ Preheat the panini grill according to the manufacturer’s directions.Slice off the tops and bottoms of both peppers. Stand each one up on its end and slice it open from top to bottom. With the poblano you’ll be able to open the pepper out flat; with the red bell pepper you’ll need to cut the walls of the pepper a section at a time.
- ☐ Remove and discard the seeds and trim any white ribs.
- ☐ Lay the peppers cut side down on the grill and close the lid. Grill the peppers until they’re charred and blistered, 5 to 7 minutes.
- ☐ Transfer the peppers to a paper bag and leave them in there for 20 minutes to allow the steam to release the skin.While the peppers are steaming, drizzle the onion rounds with oil and grill them until they’re tender with dark grill marks, 6 to 8 minutes.
- ☐ Lay a slice of pepper jack cheese on a slice of sourdough bread. Top the cheese with a generous pile of peppers and onions and second slice of cheese. Close the sandwich with another slice of bread.Grill the panini until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:52.14, Inflammation Score:-9, Nutrition Score:28.302608655847%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 600.22kcal (30.01%), Fat: 22.68g (34.9%), Saturated Fat: 11.89g (74.32%), Carbohydrates: 71.63g (23.88%), Net Carbohydrates: 67.38g (24.5%), Sugar: 8.9g (9.89%), Cholesterol: 50.46mg (16.82%), Sodium: 1113.54mg (48.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.92%), Vitamin C: 63.29mg

(76.72%), Selenium: 44.95µg (64.21%), Vitamin B1: 0.96mg (63.89%), Calcium: 498.62mg (49.86%), Vitamin B2: 0.81mg (47.41%), Folate: 187.63µg (46.91%), Phosphorus: 404.9mg (40.49%), Manganese: 0.77mg (38.46%), Vitamin B3: 6.68mg (33.38%), Iron: 5.68mg (31.55%), Vitamin A: 1477.91IU (29.56%), Zinc: 3.17mg (21.17%), Vitamin B6: 0.36mg (17.8%), Fiber: 4.24g (16.98%), Magnesium: 64.56mg (16.14%), Copper: 0.24mg (12.21%), Vitamin K: 10.18µg (9.7%), Potassium: 336.07mg (9.6%), Vitamin E: 1.18mg (7.89%), Vitamin B12: 0.47µg (7.84%), Vitamin B5: 0.69mg (6.92%), Vitamin D: 0.34µg (2.27%)