



Roast Beef and Two-Chile Grilled Cheese on Onion Rolls

READY IN



25 min.

SERVINGS



25

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chipotle sauce canned minced (4)
- ☐ 4 mild chiles dried split green with paper towels canned seeded
- ☐ 0.3 cup mayonnaise
- ☐ 2 tsp olive oil
- ☐ 4 onion rolls
- ☐ 0.5 pound pepper jack cheese thinly sliced
- ☐ 0.5 pound rare roast beef thinly sliced

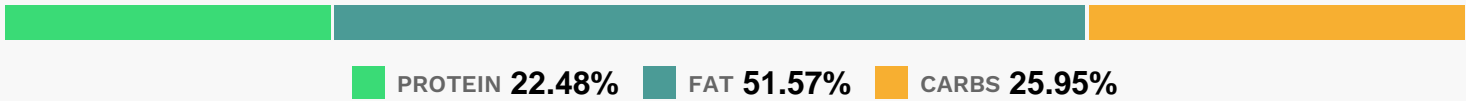
Equipment

- ☐ frying pan
- ☐ grill
- ☐ serrated knife
- ☐ panini press

Directions

- ☐ Stir together mayonnaise and chipotles and set aside.
- ☐ Preheat a panini press* to 350 (medium heat).
- ☐ Brush the outsides of rolls with oil. Split rolls.
- ☐ Spread bottom halves with 1 1/2 tsp. chipotle mayo each, then top each with 2 slices cheese; 2 or 3 slices roast beef; 1 chile, opened up flat; and 2 more slices cheese.
- ☐ Spread top halves of rolls with 1 1/2 tsp. chipotle mayo each and place on tops of sandwiches. Grill sandwiches 2 at a time until crisp and bubbling, 3 to 4 minutes. Repeat with remaining 2 sandwiches.
- ☐ Let sandwiches cool slightly, then slice with a serrated knife and serve.
- ☐ *If you don't have a panini press, use two pans to achieve the same effect: Cook your sandwiches in a frying pan or cast iron skillet and weight them with a heated cast iron skillet.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.7730434562849%

Nutrients (% of daily need)

Calories: 96.34kcal (4.82%), Fat: 5.54g (8.53%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 5.84g (2.12%), Sugar: 1.02g (1.14%), Cholesterol: 14.19mg (4.73%), Sodium: 265.69mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Vitamin C: 14.43mg (17.49%), Calcium: 105.15mg (10.51%), Phosphorus: 61.35mg (6.14%), Vitamin B3: 1.1mg (5.49%), Vitamin K: 5.1µg (4.86%), Vitamin B2: 0.08mg (4.79%), Zinc: 0.62mg (4.14%), Iron: 0.74mg (4.13%), Vitamin B6: 0.08mg (4%), Vitamin B12: 0.23µg (3.87%), Folate:

15.11µg (3.78%), Vitamin B1: 0.04mg (2.9%), Selenium: 2.01µg (2.87%), Vitamin A: 139.79IU (2.8%), Fiber: 0.44g (1.76%), Potassium: 56.38mg (1.61%), Magnesium: 6.03mg (1.51%), Vitamin E: 0.2mg (1.32%)