



Roasted Poblano and Mushroom Grilled Cheese

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chipotle in adobo puree
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 6 ounces monterrey jack cheese
- ☐ 1 tablespoon olive oil
- ☐ 2 small poblano chiles
- ☐ 2 portobello mushroom caps thinly sliced
- ☐ 6 tablespoons butter unsalted softened

☐ 8.3 inch thick cuban sandwich bread sliced

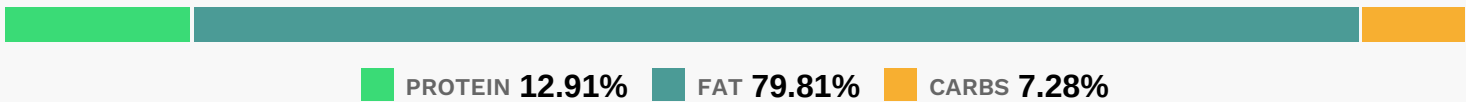
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ broiler

Directions

- ☐ Roast the poblano over an open flame or under the broiler until charred all over, turning as necessary, about 8 minutes.
- ☐ Place into a bowl and cover with plastic wrap to loosen the skin, about 5 minutes. When cooled, peel off the blackened outer skin. Slice into thin strips, and then into 1-inch pieces.
- ☐ Cook the mushrooms in a medium skillet over medium-high heat with the olive oil. When almost softened, about 3 minutes, season with salt and pepper. Reserve.
- ☐ Lay out 4 slices of the bread on a work surface.
- ☐ Layer each with 1 slice of cheese, about 1 tablespoon of the chopped poblanos, 1 tablespoon of the mushrooms and another slice of cheese.
- ☐ Brush a thin layer of chipotle in adobo sauce on the underside of the remaining bread and close the sandwiches. Thinly and evenly spread the butter on both sides of the bread using about 1 1/2 tablespoons of the butter for each sandwich.
- ☐ Place 2 sandwiches into a medium skillet over medium heat. Cover the skillet with a lid and cook until the bread is evenly golden brown, about 2 minutes. Flip, cover again and cook until the bread is golden brown and the cheese is visibly melted, about 2 minutes more. Repeat with the remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:2.06, Inflammation Score:-6, Nutrition Score:11.656521859376%

Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 373.8kcal (18.69%), Fat: 33.82g (52.03%), Saturated Fat: 19.48g (121.77%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.24g (1.91%), Sugar: 2.7g (3%), Cholesterol: 83mg (27.67%), Sodium: 287.71mg (12.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Vitamin C: 29.75mg (36.06%), Calcium: 338.87mg (33.89%), Phosphorus: 252.75mg (25.27%), Selenium: 15.42µg (22.03%), Vitamin A: 989.49IU (19.79%), Vitamin B2: 0.25mg (14.75%), Vitamin B3: 2.37mg (11.83%), Zinc: 1.61mg (10.75%), Vitamin B6: 0.18mg (9.22%), Copper: 0.17mg (8.47%), Vitamin E: 1.26mg (8.4%), Potassium: 264.67mg (7.56%), Folate: 29.64µg (7.41%), Vitamin K: 7.55µg (7.19%), Vitamin B12: 0.41µg (6.83%), Fiber: 1.7g (6.79%), Vitamin B5: 0.66mg (6.58%), Manganese: 0.12mg (6.19%), Vitamin B1: 0.08mg (5.35%), Iron: 0.86mg (4.8%), Vitamin D: 0.7µg (4.64%), Magnesium: 17.2mg (4.3%)