



WHATSheATE



Squash Blossom Grilled Cheese



Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 6 servings canola oil for frying
- ☐ 1 teaspoon cayenne pepper
- ☐ 0.5 cup cornstarch
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon chives fresh snipped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon thyme leaves fresh

- ☐ 1 tablespoon garlic fresh minced
- ☐ 6 ounces goat cheese plain
- ☐ 6 servings olive oil for brushing
- ☐ 6 servings salt and pepper freshly ground to taste
- ☐ 2 shallots minced peeled
- ☐ 6 ounces mozzarella cheese shredded
- ☐ 1.5 cups soda water plus more if necessary
- ☐ 12 slices sourdough bread
- ☐ 12 squash blossoms fresh
- ☐ 1 cup unbleached flour all-purpose

Equipment

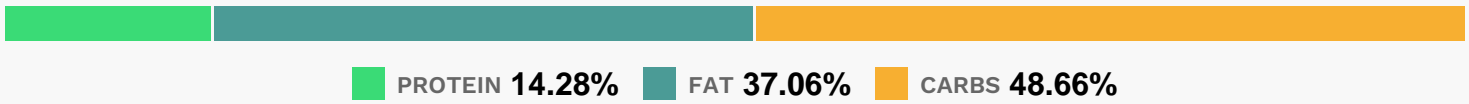
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Heat the 1 tablespoon of olive oil in a small skillet over low heat.
- ☐ Add the shallots and garlic, and cook until the moisture has mostly evaporated and the onions have just begun to caramelize. Cool mixture to room temperature.
- ☐ Place the herbs and goat cheese in the bowl of a mixer (or a mini-prep food processor, as I did) and blend at low speed until the herbs are evenly distributed.
- ☐ Add the shallot-garlic mixture and blend again. Taste and adjust seasoning as desired. Carefully rinse each squash blossom thoroughly and pat dry.

- ☐ Transfer herbed cheese to a plastic ziploc bag, cut off one corner, and pipe some of the herbed cheese into each blossom. Set aside.
- ☐ Combine the cornstarch and 1/2 cup of soda water in a small bowl and whisk to blend. Set aside.
- ☐ Whisk together the flour, baking powder, and cayenne pepper.
- ☐ Add the remaining cup of soda water and stir to blend.
- ☐ Whisk in the cornstarch mixture. Cover the bowl with plastic wrap and set aside for 10 minutes. Fill a deep frying pan or pot with 2 inches of canola oil and heat to 350°F over medium-high heat. Dip each blossom into the tempura batter.
- ☐ Transfer gently to the hot oil and cook until golden brown, about 1 minute.
- ☐ Sprinkle a small amount of mozzarella cheese onto a slice of bread.
- ☐ Add two tempura squash blossoms.
- ☐ Sprinkle with more mozzarella and close the sandwich with a second slice of bread.
- ☐ Brush olive oil on top and grill for 3 to 5 minutes until the mozzarella is melted and the bread is toasted.

Nutrition Facts



Properties

Glycemic Index:99.42, Glycemic Load:64.29, Inflammation Score:-9, Nutrition Score:27.850434956343%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 788.59kcal (39.43%), Fat: 32.6g (50.16%), Saturated Fat: 10.75g (67.2%), Carbohydrates: 96.3g (32.1%), Net Carbohydrates: 92.17g (33.52%), Sugar: 7.23g (8.03%), Cholesterol: 35.44mg (11.81%), Sodium: 1474.89mg (64.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.27g (56.54%), Vitamin B1: 1.12mg (74.34%), Selenium: 49.99µg (71.41%), Folate: 211.01µg (52.75%), Manganese: 1.03mg (51.43%), Vitamin B2: 0.87mg (51.09%), Iron: 7.77mg (43.15%), Calcium: 400.1mg (40.01%), Phosphorus: 390.38mg (39.04%), Vitamin B3: 7.77mg (38.83%),

Copper: 0.47mg (23.67%), Vitamin E: 3mg (20%), Zinc: 2.76mg (18.41%), Vitamin A: 845.3IU (16.91%), Magnesium: 67.09mg (16.77%), Fiber: 4.13g (16.53%), Vitamin B6: 0.31mg (15.72%), Vitamin K: 15.35µg (14.62%), Vitamin B12: 0.7µg (11.67%), Potassium: 294.67mg (8.42%), Vitamin B5: 0.79mg (7.91%), Vitamin C: 5.26mg (6.37%), Vitamin D: 0.23µg (1.51%)