



Squash, Manchego and Balsamic-Onion Grilled Cheese

READY IN



60 min.

SERVINGS



4

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds toasted sliced
- ☐ 0.3 cup balsamic vinegar
- ☐ 8 slices country bread white
- ☐ 0.5 butternut squash peeled seeded sliced
- ☐ 0.5 teaspoon chili powder
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 pound manchego cheese thinly sliced
- ☐ 2 tablespoons maple syrup

- ☐ 1 maui sweet thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 5 tablespoons butter unsalted plus more for the bread

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper. Melt 2 tablespoons butter. Toss the squash with the melted butter, maple syrup, chili powder, and salt and pepper to taste on the prepared baking sheet. Roast until golden and soft, about 20 minutes. Set aside and let cool.
- ☐ Meanwhile, melt 1 tablespoon butter in a medium skillet over medium-low heat.
- ☐ Add the onion and toss to coat. Cook, without stirring, until the onion begins to develop a deep brown color, 10 to 15 minutes. Stir and add the balsamic vinegar, sugar, and salt and pepper to taste. Cook, stirring, until the onion mixture thickens and develops an intense sweetness, about 15 more minutes.
- ☐ Sandwich build! Butter 1 slice of bread. On the unbuttered side, add the ingredients in this order from the ground up: manchego, squash, caramelized onion, sliced almonds and more manchego. Close with another buttered bread slice, buttered side up. Repeat with the remaining ingredients to make 3 more sandwiches.
- ☐ Heat a heavy griddle or flat pan over medium heat. Melt the remaining 2 tablespoons butter in the pan. Lightly cook each sandwich, in batches if necessary, until the cheese starts to melt, 3 to 4 minutes per side. Low and slow is the key here so you don't kill your bread before the delicious innards get gooey.
- ☐ Photograph by James Wojcik

Nutrition Facts



Properties

Glycemic Index:60.34, Glycemic Load:22.26, Inflammation Score:-10, Nutrition Score:28.699130410733%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg

Nutrients (% of daily need)

Calories: 994.37kcal (49.72%), Fat: 68.16g (104.86%), Saturated Fat: 38.65g (241.56%), Carbohydrates: 57.36g (19.12%), Net Carbohydrates: 50.63g (18.41%), Sugar: 19.29g (21.43%), Cholesterol: 158.96mg (52.99%), Sodium: 1141.82mg (49.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.8g (79.6%), Vitamin A: 11102.32IU (222.05%), Calcium: 1462.64mg (146.26%), Manganese: 1.33mg (66.51%), Vitamin E: 7.87mg (52.44%), Vitamin B2: 0.55mg (32.53%), Magnesium: 119.66mg (29.92%), Vitamin B1: 0.44mg (29.1%), Vitamin C: 23.66mg (28.68%), Folate: 110.56µg (27.64%), Fiber: 6.73g (26.93%), Phosphorus: 228.39mg (22.84%), Vitamin B3: 4.49mg (22.46%), Copper: 0.42mg (21.12%), Potassium: 705.05mg (20.14%), Iron: 3.58mg (19.89%), Selenium: 13.66µg (19.51%), Vitamin B6: 0.34mg (16.76%), Zinc: 1.52mg (10.1%), Vitamin B5: 0.85mg (8.53%), Vitamin K: 2.87µg (2.73%), Vitamin D: 0.26µg (1.75%)