



The New American Grilled Cheese

READY IN



40 min.

SERVINGS



40

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 andouille sausage cooked sliced lengthwise
- 3 tablespoons butter softened
- 12 pickled cucumbers / gherkins plus more for serving halved
- 2 tablespoons dijon mustard
- 1 cup monterrey jack cheese shredded
- 10 ounces cranberry-orange relish shredded extra-sharp sliced
- 8 slices sourdough bread

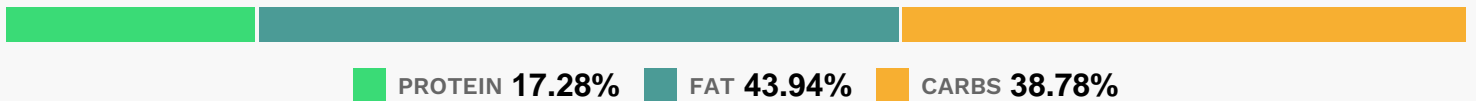
Equipment

- bowl
- frying pan
- spatula
- cutting board

Directions

- In a large nonstick skillet, cook the sliced sausages over moderate heat, turning once, until browned, about 8 minutes.
- Transfer the sausages to a plate and wipe out the pan.
- In a bowl, stir the butter with the shredded cheddar cheese just until combined.
- Spread the cheddar-butter on one side of each slice of bread; arrange them buttered side down on a work surface.
- Spread the mustard on the bread and sprinkle the Monterey Jack over the mustard. Top 4 slices with the sausages, halved cornichons and the sliced cheddar. Close the sandwiches, pressing lightly and tucking in any stray cheese.
- Place the sandwiches in the skillet, cover and cook over moderately low heat until golden on the bottom, 3 minutes. Press with a spatula to flatten slightly, then flip the sandwiches, cover and cook until browned on the bottom, 3 minutes longer; lower the heat if the bread is browned before the cheese melts completely.
- Transfer the sandwiches to a cutting board and let rest for 2 minutes, then cut them in half and serve with cornichons.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:5.41, Inflammation Score:-1, Nutrition Score:2.8782608457234%

Flavonoids

Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 78.15kcal (3.91%), Fat: 3.85g (5.92%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 7.15g (2.6%), Sugar: 1.35g (1.51%), Cholesterol: 10.45mg (3.48%), Sodium: 166.36mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Selenium: 5.74µg (8.2%), Vitamin B1: 0.12mg (7.72%), Vitamin B3: 1.05mg (5.24%), Vitamin B2: 0.08mg (4.77%), Folate: 18.53µg (4.63%), Vitamin C: 3.78mg (4.58%), Phosphorus: 37.91mg (3.79%), Manganese: 0.07mg (3.63%), Iron: 0.62mg (3.45%), Calcium: 31.88mg (3.19%), Zinc: 0.39mg (2.6%), Fiber: 0.49g (1.95%), Magnesium: 7.02mg (1.75%), Vitamin B6: 0.03mg (1.68%), Potassium: 54.11mg (1.55%), Vitamin B12: 0.09µg (1.5%), Copper: 0.03mg (1.45%), Vitamin A: 67.72IU (1.35%), Vitamin B5: 0.12mg (1.18%)