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Kale & Onion Grilled Cheese Sandwich ••

The Kale & Onion Grilled Cheese Sandwich is a delicious vegetarian sandwich that combines the flavors of kale, onion, and melted cheese. It is a perfect option for a quick and easy lunch or dinner.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	kale
50 g	onion
100 g	cheese
4 slices	bread

20 g butter

Directions

Step 1

Cut

Wash and chop the kale leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

Heat a skillet over medium heat and add butter.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Add the sliced onion to the skillet and cook until caramelized.

Prep Time: 0 mins

Cook Time: 8 mins

Step 5

Remove the caramelized onion from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Stove

In the same skillet, add the chopped kale and cook until wilted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Remove the wilted kale from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Spread butter on one side of each bread slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Stove

Place two slices of bread, buttered side down, in the skillet.

Prep Time: 0 mins

Cook Time: 1 mins

Step 10

Layer the caramelized onion, wilted kale, and cheese on top of the bread slices in the skillet.

Prep Time: 0 mins

Cook Time: 0 mins

Step 11

Stove

Place the remaining two slices of bread, buttered side up, on top of the cheese.

Prep Time: 0 mins

Cook Time: 1 mins

Step 12

Stove

Flip the sandwich and cook for another 2-3 minutes, or until the bread is golden brown and the cheese is melted.

Prep Time: 0 mins

Cook Time: 3 mins

Step 13

Remove the sandwich from the skillet and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 14

Cut

Cut the sandwich into halves or quarters and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Thanksgiving Birthday Wedding Halloween Valentine's Day
Mother's Day Father's Day New Year Anniversary Baby Shower
Bridal Shower Graduation Back to School Barbecue Picnic Game Day

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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