

Chile Grilled Cheese Sandwich

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Yield: 4 sandwiches

2 tablespoons tomato paste
2 teaspoons jarred chopped Calabrian
chiles.
8 slices bread
8 slices provolone cheese

In a bowl, mix the tomato paste and chiles.

Spread the mixture evenly on four bread slices.

Top each of the bread slices with two slices of
Provolone cheese.

Top the cheese with another bread slice.

Cook in a hot buttered skillet.

Per Serving (excluding unknown
items): 4273 Calories; 288g Fat
(61.0% calories from fat); 288g
Protein; 128g Carbohydrate; 6g
Dietary Fiber; 730mg Cholesterol;
10580mg Sodium. Exchanges: 6
1/2 Grain(Starch); 32 1/2 Lean
Meat; 1 Vegetable; 34 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	4273
% Calories from Fat:	61.0%
% Calories from Carbohydrates:	12.0%
% Calories from Protein:	27.0%
Total Fat (g):	288g
Saturated Fat (g):	182g
Monounsaturated Fat (g):	81g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	730mg
Carbohydrate (g):	128g
Dietary Fiber (g):	6g
Protein (g):	288g
Sodium (mg):	10580mg
Potassium (mg):	2005mg

Vitamin B6 (mg):	.9mg
Vitamin B12 (mcg):	15.4mcg
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	4.1mg
Folacin (mcg):	185mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	32 1/2
Vegetable:	1
Fruit:	0

Calcium (mg): 8210mg
Iron (mg): 12mg
Zinc (mg): 36mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 9407IU
Vitamin A (r.e.): 2656 1/2RE

Non-Fat Milk: 0
Fat: 34 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4273 Calories from Fat: 2605

% Daily Values*

Total Fat	288g	444%
Saturated Fat	182g	910%
Cholesterol	730mg	243%
Sodium	10580mg	441%
Total Carbohydrates	128g	43%
Dietary Fiber	6g	24%
Protein	288g	
Vitamin A		188%
Vitamin C		23%
Calcium		821%
Iron		67%

* Percent Daily Values are based on a 2000 calorie diet.