

Pan-Fried Cheese Sandwiches

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 40 sandwiches

20 thick slices white bread
2 - 3 tablespoons Dijon mustard
12 slices Cheddar cheese
oil (for shallow frying)
plain flour (for dusting)
3 eggs, lightly beaten
watercress (for garnish)

Preparation Time: 20 minutes

Cook Time: 20 minutes

Remove the crusts from the bread. Spread the bread with the mustard. Place a slice of cheese on top. Finish with another bread slice.

Heat a little oil in a frying pan. Dust the sandwiches lightly with flour. Dip quickly into the beaten egg.

Cook the sandwiches on both sides until golden. Drain on paper towels. Cut into quarters. Garnish with watercress.

Serve hot.

Assemble the sandwiches up to four hours in advance, but don't dust with flour and dip in the egg until just before frying.

Per Serving (excluding unknown items): 7103 Calories; 488g Fat (61.9% calories from fat); 403g Protein; 272g Carbohydrate; 14g Dietary Fiber; 2068mg Cholesterol; 12470mg Sodium. Exchanges: 16 Grain(Starch); 50 1/2 Lean Meat; 65 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	7103	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	61.9%	Vitamin B12 (mcg):	13.1mcg
% Calories from Carbohydrates:	15.3%	Thiamin B1 (mg):	2.7mg
% Calories from Protein:	22.7%	Riboflavin B2 (mg):	7.4mg
Total Fat (g):	488g	Folacin (mcg):	497mcg
Saturated Fat (g):	296g	Niacin (mg):	22mg
Monounsaturated Fat (g):	144g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	19g	Alcohol (kcal):	0
Cholesterol (mg):	2068mg	% Refuse:	0.0%

Carbohydrate (g): 272g
Dietary Fiber (g): 14g
Protein (g): 403g
Sodium (mg): 12470mg
Potassium (mg): 2252mg
Calcium (mg): 10509mg
Iron (mg): 29mg
Zinc (mg): 48mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 15143IU
Vitamin A (r.e.): 4537 1/2RE

Food Exchanges

Grain (Starch): 16
Lean Meat: 50 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 65 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 7103 **Calories from Fat:** 4400

% Daily Values*

Total Fat 488g	751%
Saturated Fat 296g	1479%
Cholesterol 2068mg	689%
Sodium 12470mg	520%
Total Carbohydrates 272g	91%
Dietary Fiber 14g	55%
Protein 403g	
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Vitamin A	303%
Vitamin C	0%
Calcium	1051%
Iron	160%

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