



## Alexa's Gourmet Grilled Cheese

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 avocado pitted peeled thinly sliced
- 2 teaspoons dijon mustard to taste
- 4 slices marbled rye bread divided
- 4 teaspoons butter salted divided or as needed softened
- 4 slices sharp cheddar cheese shredded
- 4 slices swiss cheese lorraine® (such as )
- 1 tomatoes thinly sliced

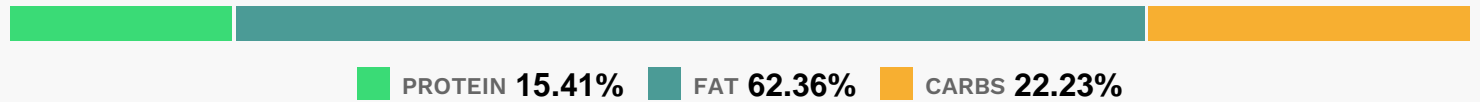
## Equipment

- frying pan
- microwave

## Directions

- Heat a cast-iron skillet or non-stick pan over high heat until skillet is warm; reduce heat to medium.
- Arrange 2 bread slices in the hot skillet.
- Add 1 teaspoon butter under each slice in the skillet; flip bread so butter-side is face-up.
- Spread about 1 teaspoon mustard onto each bread slice; top with 1 slice Cheddar cheese, 1 slice Swiss cheese, tomato slices, and avocado slices. Top each avocado layer with 1 slice Cheddar cheese, 1 slice Swiss cheese, and 1 slice bread.
- Spread butter onto top piece of bread; flip sandwich and cook until cheeses are slightly melted, 2 to 3 minutes.
- Transfer sandwiches to a microwave-safe plate and heat in microwave until cheeses are fully melted, no longer than 30 seconds.

## Nutrition Facts



## Properties

Glycemic Index:133.17, Glycemic Load:16.12, Inflammation Score:-9, Nutrition Score:31.359130703885%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 774.48kcal (38.72%), Fat: 54.87g (84.41%), Saturated Fat: 24.65g (154.07%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 32.61g (11.86%), Sugar: 5.01g (5.56%), Cholesterol: 109.12mg (36.37%), Sodium: 944.47mg (41.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.03%), Calcium: 769mg (76.9%), Selenium: 48.06µg (68.66%), Phosphorus: 606.46mg (60.65%), Fiber: 11.4g (45.59%), Folate: 176.5µg (44.13%), Vitamin B2:

0.71mg (41.97%), Manganese: 0.77mg (38.42%), Vitamin A: 1760.27IU (35.21%), Zinc: 5.06mg (33.73%), Vitamin K: 29.33µg (27.93%), Vitamin B12: 1.64µg (27.29%), Vitamin B1: 0.4mg (26.52%), Potassium: 816.58mg (23.33%), Vitamin E: 3.5mg (23.31%), Vitamin B3: 4.63mg (23.14%), Vitamin C: 18.75mg (22.73%), Magnesium: 90.45mg (22.61%), Vitamin B5: 2.14mg (21.35%), Vitamin B6: 0.42mg (21.08%), Copper: 0.38mg (19.22%), Iron: 2.75mg (15.25%), Vitamin D: 0.34µg (2.24%)