



All-American Grilled Cheese with a Twist

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ounce country bread white
- 0.3 cup basil fresh thinly sliced
- 0.3 inch plum tomatoes (2 tomatoes)
- 4 ounces sharp cheddar cheese shredded

Equipment

- frying pan

Directions

- Place 4 bread slices on a work surface; arrange 1/2 cup cheddar cheese on each slice. Top each slice with 2 tomato slices and 1 tablespoon basil. Top with remaining 4 bread slices.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add sandwiches to pan; cook 4 minutes or until lightly browned. Turn sandwiches over; cover and cook for 2 minutes or until cheese melts.

Nutrition Facts

PROTEIN 21.65% **FAT 65.87%** **CARBS 12.48%**

Properties

Glycemic Index:52.44, Glycemic Load:2.68, Inflammation Score:-3, Nutrition Score:4.7578260522822%

Nutrients (% of daily need)

Calories: 135.18kcal (6.76%), Fat: 9.9g (15.24%), Saturated Fat: 5.5g (34.39%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 4.04g (1.47%), Sugar: 0.48g (0.53%), Cholesterol: 28.35mg (9.45%), Sodium: 219.28mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Calcium: 218.06mg (21.81%), Phosphorus: 138.73mg (13.87%), Selenium: 9.67µg (13.82%), Vitamin B2: 0.14mg (8.42%), Zinc: 1.12mg (7.43%), Vitamin A: 364.58IU (7.29%), Vitamin K: 6.93µg (6.6%), Vitamin B12: 0.3µg (5.01%), Folate: 14.86µg (3.72%), Manganese: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.98%), Magnesium: 10.55mg (2.64%), Iron: 0.33mg (1.84%), Vitamin B3: 0.37mg (1.83%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.16mg (1.58%), Vitamin B6: 0.03mg (1.43%), Copper: 0.02mg (1.2%), Vitamin D: 0.17µg (1.13%)