



America's Favorite Grilled Cheese Sandwich Lunch

 Vegetarian  Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small apples
- 0.5 cup carrot sticks
- 1 cup milk fat-free
- 2 singles kraft
- 2 slices bread whole wheat

Equipment

- frying pan

Directions

- Fill bread slices with Singles.
- Cook in skillet sprayed with cooking spray on medium heat 3 min. on each side or until lightly browned on both sides.
- Serve with apple, carrots and milk.

Nutrition Facts



Properties

Glycemic Index:181.78, Glycemic Load:25.93, Inflammation Score:-10, Nutrition Score:26.184348023456%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 332.22kcal (16.61%), Fat: 2.61g (4.02%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 63.04g (21.01%), Net Carbohydrates: 54.31g (19.75%), Sugar: 33.51g (37.23%), Cholesterol: 7.67mg (2.56%), Sodium: 424.06mg (18.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Vitamin A: 11317.1IU (226.34%), Manganese: 1.35mg (67.33%), Calcium: 458.98mg (45.9%), Phosphorus: 438.12mg (43.81%), Fiber: 8.73g (34.93%), Vitamin B2: 0.5mg (29.14%), Vitamin B1: 0.42mg (28.25%), Selenium: 19.41µg (27.73%), Potassium: 918.1mg (26.23%), Vitamin B12: 1.42µg (23.68%), Magnesium: 87.65mg (21.91%), Vitamin B6: 0.41mg (20.62%), Vitamin D: 2.69µg (17.97%), Vitamin B3: 3.53mg (17.67%), Zinc: 2.35mg (15.68%), Vitamin K: 16.09µg (15.33%), Vitamin B5: 1.52mg (15.24%), Vitamin C: 10.63mg (12.89%), Folate: 45.05µg (11.26%), Iron: 1.81mg (10.03%), Copper: 0.2mg (10.02%), Vitamin E: 0.99mg (6.62%)