



Apple Cinnamon Swirl Grilled Cheese Sandwich

 Vegetarian  Popular

READY IN



10 min.

SERVINGS



1

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 apples cored thinly sliced
- ☐ 1 tablespoon butter room temperature
- ☐ 2 slices cheddar cheese
- ☐ 2 slices cinnamon swirl bread

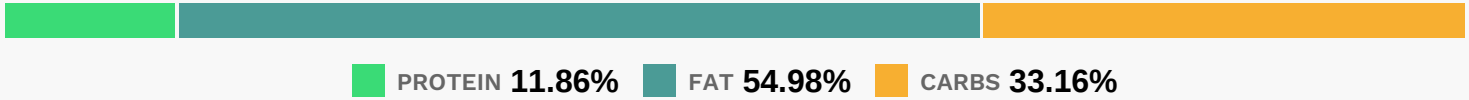
Equipment

- ☐ grill

Directions

☐ Assemble the sandwich and grill at just below medium heat until the bread is golden brown and the cheese has melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:180, Glycemic Load:19.61, Inflammation Score:–6, Nutrition Score:10.701304357985%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 405.24kcal (20.26%), Fat: 25.28g (38.89%), Saturated Fat: 14.3g (89.37%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 30.99g (11.27%), Sugar: 7.81g (8.67%), Cholesterol: 64.1mg (21.37%), Sodium: 493.27mg (21.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.53%), Selenium: 20.16µg (28.8%), Calcium: 280.79mg (28.08%), Phosphorus: 220.76mg (22.08%), Vitamin B2: 0.37mg (21.97%), Folate: 64.04µg (16.01%), Vitamin A: 715.11IU (14.3%), Manganese: 0.28mg (13.99%), Fiber: 3.33g (13.31%), Vitamin B1: 0.19mg (12.97%), Zinc: 1.65mg (11.02%), Vitamin B3: 1.87mg (9.34%), Iron: 1.62mg (9%), Vitamin B12: 0.38µg (6.4%), Copper: 0.13mg (6.32%), Magnesium: 25.25mg (6.31%), Potassium: 196.26mg (5.61%), Vitamin E: 0.81mg (5.38%), Vitamin B6: 0.08mg (3.92%), Vitamin B5: 0.38mg (3.85%), Vitamin K: 3.68µg (3.51%), Vitamin C: 2.14mg (2.6%), Vitamin D: 0.2µg (1.36%)