



WHATSheATE



Apple Pie Grilled Cheese Sandwich



Vegetarian



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples cored peeled sliced (, and)
- ☐ 2 slices bread good
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 slices cheddar cheese good thick
- ☐ 1 dash cinnamon

Equipment

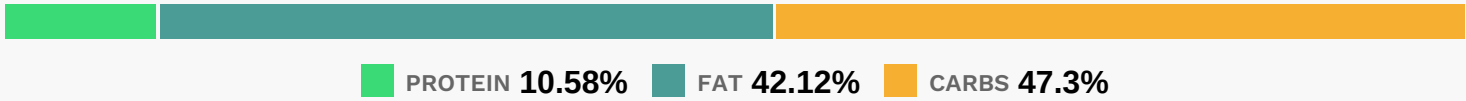
- ☐ frying pan

grill

Directions

- Melt the butter in a non-stick pan.
- Add the sugar and cinnamon and cook until bubbly.
- Add the apples and saute until tender, about 5 minutes.
- Assemble sandwich and grill until golden brown on both sides, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:172.67, Glycemic Load:21.17, Inflammation Score:–7, Nutrition Score:15.694347645925%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 535.25kcal (26.76%), Fat: 25.77g (39.65%), Saturated Fat: 14.17g (88.55%), Carbohydrates: 65.13g (21.71%), Net Carbohydrates: 57.99g (21.09%), Sugar: 33.92g (37.69%), Cholesterol: 64.1mg (21.37%), Sodium: 582.54mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Manganese: 0.92mg (45.85%), Selenium: 26.07µg (37.24%), Calcium: 344.64mg (34.46%), Fiber: 7.14g (28.56%), Phosphorus: 252.46mg (25.25%), Vitamin B2: 0.34mg (20.21%), Vitamin B1: 0.27mg (18.13%), Vitamin B3: 3.35mg (16.73%), Vitamin A: 792.89IU (15.86%), Folate: 60.8µg (15.2%), Iron: 2.46mg (13.67%), Zinc: 1.94mg (12.92%), Magnesium: 43.2mg (10.8%), Vitamin C: 8.52mg (10.33%), Potassium: 323.51mg (9.24%), Vitamin K: 8.86µg (8.43%), Vitamin B6: 0.17mg (8.36%), Copper: 0.15mg (7.61%), Vitamin B5: 0.75mg (7.45%), Vitamin E: 1.04mg (6.91%), Vitamin B12: 0.38µg (6.4%), Vitamin D: 0.2µg (1.36%)