



Awesome Grilled Cheese Sandwiches

 Vegetarian

READY IN



25 min.

SERVINGS



9

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 slices bread
- 4 tablespoons butter
- 9 slices cheddar cheese

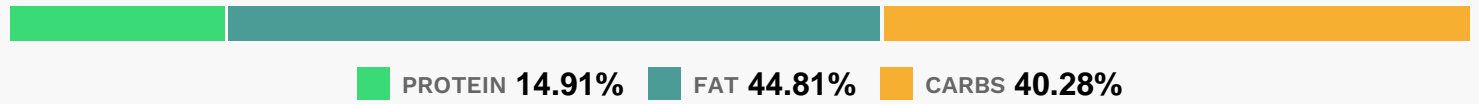
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Butter one side of 9 slices of bread, and place butter-side down on a baking sheet. Arrange cheese on each slice of bread.
- Spread butter on 9 remaining slices of bread, and place them buttered-side up on top of the cheese.
- Bake in preheated oven for 6 to 8 minutes. Flip the sandwiches, and bake an additional 6 to 8 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:14.41, Inflammation Score:-4, Nutrition Score:9.6878260458293%

Nutrients (% of daily need)

Calories: 267.41kcal (13.37%), Fat: 13.36g (20.56%), Saturated Fat: 6.85g (42.83%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 24.78g (9.01%), Sugar: 3.27g (3.63%), Cholesterol: 30.38mg (10.13%), Sodium: 416.07mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.01%), Manganese: 0.67mg (33.46%), Selenium: 21µg (30%), Calcium: 191.68mg (19.17%), Vitamin B3: 3.14mg (15.71%), Vitamin B1: 0.24mg (15.69%), Phosphorus: 151.59mg (15.16%), Folate: 51.36µg (12.84%), Vitamin B2: 0.22mg (12.84%), Iron: 2.04mg (11.36%), Fiber: 2.24g (8.96%), Zinc: 1.21mg (8.08%), Magnesium: 27.67mg (6.92%), Vitamin A: 326.95IU (6.54%), Vitamin B5: 0.54mg (5.36%), Copper: 0.09mg (4.42%), Vitamin B6: 0.07mg (3.7%), Vitamin K: 3.59µg (3.42%), Vitamin B12: 0.19µg (3.18%), Potassium: 93.54mg (2.67%), Vitamin E: 0.38mg (2.52%)