



Bachelor Grilled Cheese

 Vegetarian  Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices processed cheese food
- 2 slices bread white

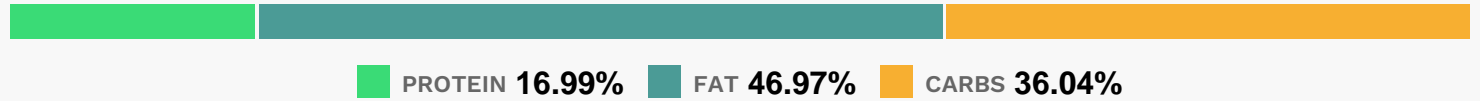
Equipment

- paper towels
- microwave
- toaster

Directions

- Toast bread in a toaster until golden.
- Place slices of cheese between the two pieces of toast. Wrap sandwich in a paper towel, and heat in the microwave for 15 to 20 seconds, or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:101.78, Glycemic Load:17.95, Inflammation Score:-5, Nutrition Score:11.264782573866%

Nutrients (% of daily need)

Calories: 290.82kcal (14.54%), Fat: 15.15g (23.3%), Saturated Fat: 7.99g (49.97%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 25g (9.09%), Sugar: 3.62g (4.02%), Cholesterol: 42mg (14%), Sodium: 940.32mg (40.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Calcium: 544.4mg (54.44%), Phosphorus: 325.72mg (32.57%), Selenium: 20.08µg (28.69%), Vitamin B1: 0.26mg (17.32%), Manganese: 0.31mg (15.66%), Folate: 58.86µg (14.72%), Vitamin B2: 0.22mg (12.84%), Vitamin B3: 2.41mg (12.06%), Iron: 1.94mg (10.8%), Vitamin B12: 0.63µg (10.5%), Zinc: 1.49mg (9.91%), Vitamin A: 397.4IU (7.95%), Magnesium: 24.42mg (6.11%), Fiber: 1.15g (4.6%), Vitamin B5: 0.44mg (4.37%), Copper: 0.08mg (4.07%), Vitamin B6: 0.07mg (3.43%), Potassium: 113.94mg (3.26%), Vitamin E: 0.45mg (2.97%), Vitamin D: 0.25µg (1.68%), Vitamin K: 1.19µg (1.14%)