



Basic Grilled Cheese Sandwich

READY IN



45 min.

SERVINGS



1

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread your favorite
- ☐ 2 tablespoons butter softened
- ☐ 2 slices cheese your favorite

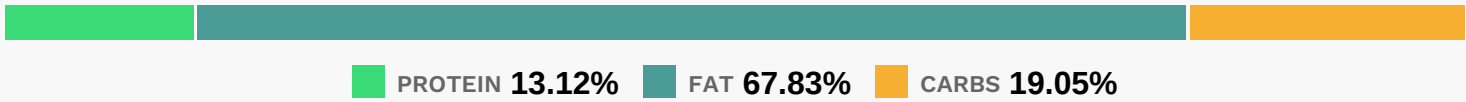
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Butter bread slices on 1 side. Turn them over.
- ☐ Lay cheese slices on 1 bread slice. Top with the other bread slice, buttered side up. (The buttered sides face out so that they'll turn crisp and golden when they touch the hot pan.)
- ☐ Heat a medium frying pan over medium heat. Flick a drop of water into the pan; if it sizzles and evaporates, the pan is hot enough.
- ☐ Put sandwich, buttered side down, in pan with both hands.
- ☐ Let it cook 3 to 4 minutes, or until golden and crunchy underneath. Using a spatula (or one in each hand, if the bread is large), turn the sandwich over.
- ☐ Let it cook another 3 to 4 minutes, or until golden and crunchy on the second side.
- ☐ *Choose a cheese that melts well. Some classics for grilled cheese: cheddar, jack and pepper jack, Colby, gruyere, Swiss, fontina, provolone. Brie works well too.

Nutrition Facts



Properties

Glycemic Index:135.67, Glycemic Load:14.67, Inflammation Score:-7, Nutrition Score:15.32217391224%

Nutrients (% of daily need)

Calories: 582.68kcal (29.13%), Fat: 44.28g (68.13%), Saturated Fat: 25.53g (159.59%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 25.74g (9.36%), Sugar: 3.41g (3.79%), Cholesterol: 116.2mg (38.73%), Sodium: 811.16mg (35.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Calcium: 472.64mg (47.26%), Selenium: 32.26µg (46.08%), Manganese: 0.67mg (33.66%), Phosphorus: 335.44mg (33.54%), Vitamin A: 1261.96IU (25.24%), Vitamin B2: 0.4mg (23.39%), Zinc: 2.66mg (17.75%), Vitamin B1: 0.25mg (16.52%), Vitamin B3: 3.17mg (15.86%), Folate: 60.2µg (15.05%), Iron: 2.11mg (11.73%), Vitamin B12: 0.64µg (10.69%), Magnesium: 38.64mg (9.66%), Fiber: 2.24g (8.96%), Vitamin E: 1.18mg (7.84%), Vitamin B5: 0.72mg (7.21%), Vitamin K: 6.05µg (5.76%), Vitamin B6: 0.1mg (5.08%), Copper: 0.1mg (5.07%), Potassium: 128.8mg (3.68%), Vitamin D: 0.34µg (2.24%)