



 **61%**  
HEALTH SCORE

## Better-for-You Grilled Cheese Sandwich

 Vegetarian  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup baby carrots
- 2 milk singles 2% kraft
- 2 slices multi-grain bread
- 0.5 cup sugar snap peas
- 2 slices tomatoes thin

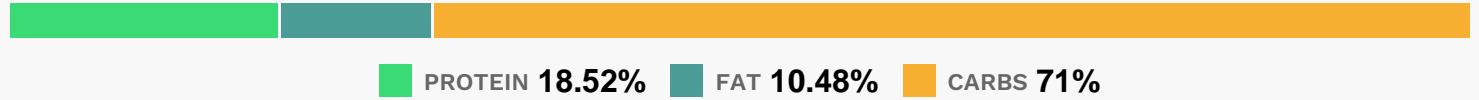
### Equipment

- frying pan

## Directions

- Fill bread slices with 2% Milk Singles and tomatoes.
- Cook in skillet sprayed with nonstick cooking spray on medium heat 2 to 3 min. on each side or until golden brown on both sides.
- Serve with vegetables.

## Nutrition Facts



## Properties

Glycemic Index:107.7, Glycemic Load:15.03, Inflammation Score:-10, Nutrition Score:21.64782622327%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 195.94kcal (9.8%), Fat: 2.32g (3.56%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 28.17g (10.24%), Sugar: 9g (10%), Cholesterol: 0.16mg (0.05%), Sodium: 307.52mg (13.37%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.21g (18.42%), Vitamin A: 9811.77IU (196.24%), Manganese: 1.47mg (73.68%), Vitamin C: 38.47mg (46.63%), Fiber: 7.14g (28.55%), Vitamin K: 26.9µg (25.62%), Vitamin B1: 0.33mg (22.16%), Selenium: 15.42µg (22.02%), Phosphorus: 177.41mg (17.74%), Iron: 3.17mg (17.6%), Folate: 69.58µg (17.4%), Vitamin B3: 3.45mg (17.27%), Magnesium: 67.44mg (16.86%), Vitamin B6: 0.31mg (15.53%), Potassium: 520.46mg (14.87%), Calcium: 140.63mg (14.06%), Copper: 0.26mg (13.06%), Vitamin B5: 1.06mg (10.63%), Vitamin B2: 0.17mg (9.95%), Zinc: 1.33mg (8.85%), Vitamin E: 0.79mg (5.24%)