



## Breakfast Grilled Cheese

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup small-curd cottage cheese
- 2 tablespoons confectioners' sugar plus more for topping
- 0.3 cup whipped cream cheese
- 4 waffles frozen (untoasted)
- 2 servings ground cinnamon for topping
- 1 tablespoons jam (any flavor)
- 1 tablespoon butter unsalted plus more if needed

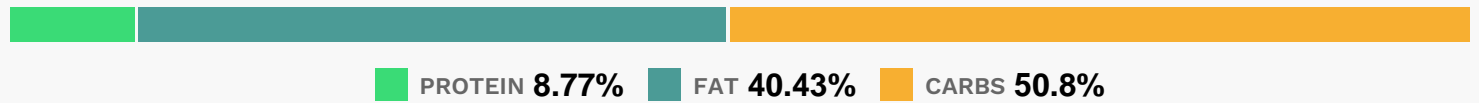
## Equipment

- bowl
- frying pan

## Directions

- Mix the cream cheese, cottage cheese and confectioners' sugar in a medium bowl.
- Spread 2 waffles with the jam, then top with the cream cheese mixture; cover with the remaining 2 waffles.
- Melt the butter in a large skillet over medium-high heat.
- Add the sandwiches and cook until golden and crisp, about 3 minutes per side, adding more butter to the pan if needed. (Adjust the heat if the waffles are browning too quickly.)
- Let the sandwiches rest 1 minute before serving.
- Sprinkle with confectioners' sugar and cinnamon.
- Photograph by Sam Kaplan

## Nutrition Facts



## Properties

Glycemic Index:71, Glycemic Load:4.68, Inflammation Score:-7, Nutrition Score:12.4291304557222%

## Nutrients (% of daily need)

Calories: 360.08kcal (18%), Fat: 16.45g (25.3%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 44.47g (16.17%), Sugar: 16.11g (17.9%), Cholesterol: 45.31mg (15.1%), Sodium: 498.02mg (21.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Phosphorus: 274.6mg (27.46%), Iron: 4.86mg (27.03%), Vitamin A: 1350.78IU (27.02%), Vitamin B2: 0.43mg (25.04%), Vitamin B12: 1.41µg (23.56%), Vitamin B6: 0.45mg (22.43%), Vitamin B1: 0.33mg (22.11%), Calcium: 218.09mg (21.81%), Vitamin B3: 4.34mg (21.68%), Manganese: 0.35mg (17.73%), Folate: 67.88µg (16.97%), Fiber: 2.01g (8.05%), Selenium: 3.07µg (4.38%), Magnesium: 16.84mg (4.21%), Zinc: 0.54mg (3.61%), Potassium: 120.36mg (3.44%), Vitamin E: 0.31mg (2.04%), Vitamin B5: 0.19mg (1.94%), Vitamin D: 0.24µg (1.61%), Copper: 0.03mg (1.35%), Vitamin K: 1.3µg (1.24%), Vitamin C: 0.96mg (1.16%)