



Breakfast Grilled Cheese Sandwich with Maple Syrup

♥♥ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature
- ☐ 2 ounces cheese room temperature
- ☐ 1 serving maple syrup to taste

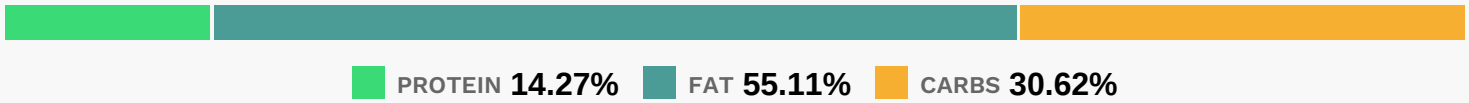
Equipment

- ☐ frying pan

Directions

- ☐ Heat a pan over medium heat. Completely butter one side of each slice of bread.
- ☐ Place one slice of bread in the pan, buttered side down, sprinkle on the cheese and top with the remaining slice of bread, buttered side up. Turn the heat down a notch and cook until golden brown, about 2–4 minutes. Flip and cook until golden brown on the other side, about 2–4 minutes.
- ☐ Serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:172.17, Glycemic Load:19.59, Inflammation Score:-6, Nutrition Score:16.808695488002%

Nutrients (% of daily need)

Calories: 539.15kcal (26.96%), Fat: 33.17g (51.03%), Saturated Fat: 18.47g (115.45%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 39.23g (14.26%), Sugar: 15.39g (17.1%), Cholesterol: 86.8mg (28.93%), Sodium: 727.51mg (31.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Manganese: 1.13mg (56.66%), Calcium: 496.02mg (49.6%), Selenium: 32.31µg (46.16%), Vitamin B2: 0.65mg (38.23%), Phosphorus: 335.28mg (33.53%), Zinc: 2.82mg (18.77%), Vitamin A: 919.1IU (18.38%), Vitamin B1: 0.26mg (17.37%), Vitamin B3: 3.18mg (15.91%), Folate: 59.93µg (14.98%), Iron: 2.13mg (11.84%), Magnesium: 42.75mg (10.69%), Vitamin B12: 0.62µg (10.41%), Fiber: 2.24g (8.96%), Vitamin B5: 0.71mg (7.09%), Vitamin E: 0.86mg (5.71%), Vitamin B6: 0.1mg (5.09%), Copper: 0.1mg (5.08%), Potassium: 170.98mg (4.89%), Vitamin K: 5.08µg (4.84%), Vitamin D: 0.34µg (2.27%)