



British Grilled Cheese With Baked Beans

READY IN



20 min.

SERVINGS



2

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup baked beans warmed prepared drained
- ☐ 2 servings kosher salt and pepper freshly ground
- ☐ 2 plum tomatoes thick cut into slices
- ☐ 2 scallions chopped
- ☐ 6 ounces sharp cheddar cheese white grated
- ☐ 2 slices sandwich bread white thick toasted
- ☐ 1 teaspoon worcestershire sauce

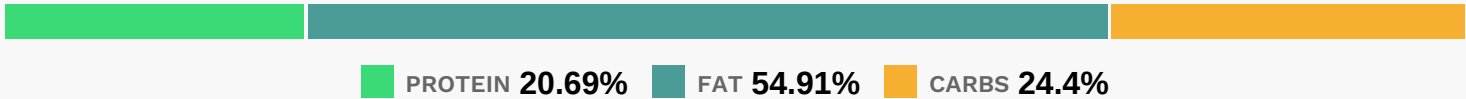
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Place the tomatoes on a baking sheet, season with salt and pepper and broil until the edges brown slightly, 5 to 10 minutes.
- ☐ Transfer the tomatoes to a plate.
- ☐ Place the toasted bread on the baking sheet and spoon the beans evenly on top. Cover with the tomatoes and drizzle with the Worcestershire sauce, then sprinkle with the cheese and scallions. Broil until golden and bubbly, about 3 minutes.
- ☐ Photograph by Sam Kaplan

Nutrition Facts



Properties

Glycemic Index:107.22, Glycemic Load:14.07, Inflammation Score:-8, Nutrition Score:21.23782593271%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 499.12kcal (24.96%), Fat: 30.95g (47.61%), Saturated Fat: 16.94g (105.85%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 25.81g (9.39%), Sugar: 3.83g (4.25%), Cholesterol: 89.49mg (29.83%), Sodium: 1176.17mg (51.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.47%), Calcium: 705.87mg (70.59%), Phosphorus: 507.47mg (50.75%), Selenium: 32.94µg (47.06%), Vitamin K: 31.86µg (30.34%), Vitamin A: 1490.91IU (29.82%), Zinc: 4.43mg (29.51%), Vitamin B2: 0.48mg (28.5%), Manganese: 0.48mg (23.81%), Folate: 85.69µg (21.42%), Fiber: 5.12g (20.49%), Magnesium: 60.92mg (15.23%), Vitamin C: 12.41mg (15.04%), Vitamin B12: 0.9µg (15.03%), Vitamin B1: 0.22mg (14.45%), Iron: 2.56mg (14.23%), Potassium: 495.05mg (14.14%), Copper: 0.25mg (12.41%), Vitamin B3: 1.97mg (9.85%), Vitamin B6: 0.18mg (8.96%), Vitamin E: 1.1mg (7.31%), Vitamin B5: 0.61mg (6.13%), Vitamin D: 0.51µg (3.4%)