



## Bruschetta-Style Grilled Cheese Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp lite balsamic vinaigrette dressing kraft
- 1 Tbsp basil fresh sliced
- 2 milk singles 2% kraft
- 2 slices multi-grain bread
- 1 large tomatoes

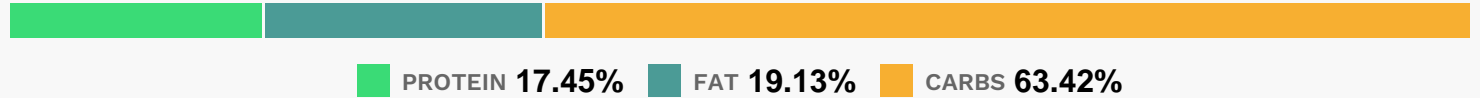
### Equipment

- frying pan

## Directions

- Top 1 bread slice with 2% Milk Singles, tomato and basil.
- Drizzle with dressing; cover with remaining bread slice.
- Cook in nonstick skillet sprayed with cooking spray on medium heat 3 min. on each side or until Singles are melted and sandwich is golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:17.77, Glycemic Load:1.64, Inflammation Score:-2, Nutrition Score:1.7956521778327%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 19.58kcal (0.98%), Fat: 0.43g (0.66%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.75g (0.84%), Cholesterol: 0.02mg (0.01%), Sodium: 30.73mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Manganese: 0.15mg (7.38%), Vitamin K: 4.49µg (4.28%), Vitamin A: 185.21IU (3.7%), Vitamin C: 2.61mg (3.16%), Fiber: 0.56g (2.26%), Selenium: 1.45µg (2.07%), Vitamin B1: 0.03mg (1.93%), Vitamin B3: 0.36mg (1.81%), Potassium: 59.27mg (1.69%), Phosphorus: 16.78mg (1.68%), Magnesium: 6.74mg (1.68%), Vitamin B6: 0.03mg (1.39%), Folate: 5.52µg (1.38%), Copper: 0.03mg (1.29%), Calcium: 12.35mg (1.24%), Iron: 0.21mg (1.18%)