



Cheddar and Chutney on Sourdough

READY IN



10 min.

SERVINGS



4

CALORIES



413 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 ounces cheddar english grated
- ☐ 4 tablespoons chutney
- ☐ 4 slices sourdough bread thick

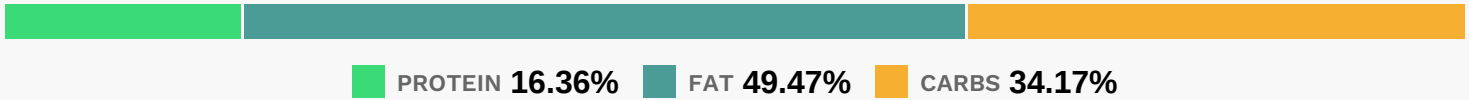
Equipment

- ☐ frying pan

Directions

- ☐
- Spread 2 bread slices with chutney.
- ☐
- Add Cheddar to both slices; top with remaining bread slices, and press together gently.
- ☐
- Melt butter in a large cast-iron or nonstick skillet over medium-high heat.
- ☐
- Add sandwiches to pan, and cook 3 to 5 minutes on each side or until cheese melts and bread is golden brown.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:25.89, Inflammation Score:-7, Nutrition Score:13.695652147998%

Nutrients (% of daily need)

Calories: 412.77kcal (20.64%), Fat: 22.68g (34.9%), Saturated Fat: 12.6g (78.76%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 33.85g (12.31%), Sugar: 3.1g (3.45%), Cholesterol: 57.57mg (19.19%), Sodium: 968.4mg (42.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.76%), Selenium: 30.41µg (43.44%), Calcium: 335.61mg (33.56%), Vitamin B1: 0.47mg (31.14%), Vitamin B2: 0.46mg (27.25%), Phosphorus: 263.64mg (26.36%), Folate: 87.86µg (21.97%), Vitamin A: 1000.52IU (20.01%), Manganese: 0.34mg (16.98%), Vitamin B3: 3.11mg (15.55%), Zinc: 2.23mg (14.88%), Iron: 2.57mg (14.29%), Magnesium: 32.1mg (8.03%), Vitamin B12: 0.46µg (7.71%), Fiber: 1.41g (5.63%), Copper: 0.11mg (5.57%), Vitamin B6: 0.1mg (4.9%), Vitamin E: 0.62mg (4.1%), Vitamin B5: 0.4mg (3.97%), Potassium: 109.3mg (3.12%), Vitamin C: 2.45mg (2.97%), Vitamin K: 1.96µg (1.87%), Vitamin D: 0.26µg (1.7%)