



Cheese Dreams

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



3964 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 large eggs
- ☐ 2 tablespoons heavy cream
- ☐ 1 serving hot sauce red to taste
- ☐ 2 cups sharp cheddar cheese finely grated
- ☐ 0.5 teaspoon salt
- ☐ 16 oz sandwich bread white firm

☐ 1 teaspoon worcestershire sauce

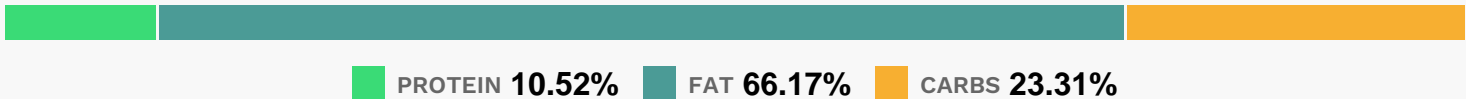
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 37
- ☐ Beat cheese and butter at medium speed with an electric mixer until blended. Beat in cream and next 5 ingredients.
- ☐ Cut crusts from bread slices; cut each bread slice into 4 squares.
- ☐ Spread cheese mixture on half of bread squares (about 1 tsp. per square); top each with 1 remaining square.
- ☐ Spread remaining cheese mixture over top and sides of sandwiches.
- ☐ Place sandwiches, 1 inch apart, on a lightly greased baking sheet.
- ☐ Bake at 375 for 15 minutes or until golden brown.
- ☐ Note: We tested with Pepperidge Farm White Sandwich Bread.

Nutrition Facts



Properties

Glycemic Index:183.78, Glycemic Load:160.82, Inflammation Score:-10, Nutrition Score:64.608695631442%

Nutrients (% of daily need)

Calories: 3963.93kcal (198.2%), Fat: 293.51g (451.56%), Saturated Fat: 172.34g (1077.15%), Carbohydrates: 232.6g (77.53%), Net Carbohydrates: 221.5g (80.54%), Sugar: 27.04g (30.04%), Cholesterol: 933.95mg (311.32%), Sodium: 6421.86mg (279.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 105.01g (210.03%), Selenium: 190µg (271.43%), Calcium: 2669.94mg (266.99%), Vitamin A: 9490.04IU (189.8%), Phosphorus: 1736.26mg (173.63%), Vitamin B1: 2.42mg (161.43%), Folate: 586.68µg (146.67%), Vitamin B2: 2.48mg (145.66%), Manganese: 2.79mg (139.48%), Vitamin B3: 22.12mg (110.62%), Iron: 17.13mg (95.16%), Zinc: 13.33mg (88.88%), Vitamin E: 9.41mg

(62.75%), Vitamin B12: 3.27µg (54.57%), Magnesium: 203.68mg (50.92%), Vitamin B5: 4.47mg (44.65%), Fiber: 11.1g (44.39%), Vitamin B6: 0.73mg (36.43%), Copper: 0.7mg (35.16%), Potassium: 952.6mg (27.22%), Vitamin K: 25.05µg (23.86%), Vitamin D: 2.84µg (18.91%), Vitamin C: 2.56mg (3.1%)