



Comfort Cheese Toastie

 Vegetarian

READY IN



12 min.

SERVINGS



2

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 120 g mature cheddar
- ☐ 4 tbsp mayonnaise
- ☐ 1 pinch paprika
- ☐ 2 servings grinding of pepper black good freshly ground
- ☐ 4 spring onion finely sliced
- ☐ 4 slices wholemeal bread

Equipment

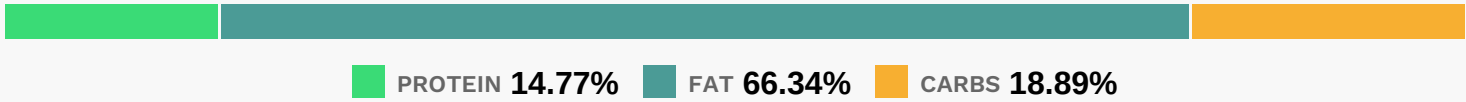
- ☐ bowl

- ☐ grill
- ☐ panini press

Directions

- ☐ Grate the cheddar in a bowl and add the spring onions, paprika and black pepper and mix together with the mayonnaise.
- ☐ Lightly toast the bread.
- ☐ Place 2 slices of toast in a toastie machine/panini grill/george foreman grill and cover each with cheese filling, then top with the other slices of toast and cook grill until the cheese has melted and the toast is crisp and golden.
- ☐ Serve with salad
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:112.85, Glycemic Load:15.33, Inflammation Score:-7, Nutrition Score:22.239565082218%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 582.79kcal (29.14%), Fat: 43.09g (66.29%), Saturated Fat: 15.17g (94.81%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 23.58g (8.58%), Sugar: 3.39g (3.77%), Cholesterol: 71.59mg (23.86%), Sodium: 823.55mg (35.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Vitamin K: 100.68µg (95.89%), Manganese: 1.26mg (62.77%), Calcium: 535.53mg (53.55%), Selenium: 32.21µg (46.02%), Phosphorus: 408.51mg (40.85%), Vitamin B2: 0.38mg (22.52%), Zinc: 3.33mg (22.17%), Vitamin A: 885.27IU (17.71%), Vitamin B1: 0.25mg (16.84%), Magnesium: 64.66mg (16.16%), Fiber: 4.03g (16.11%), Folate: 52.9µg (13.23%), Vitamin B3: 2.64mg (13.22%), Vitamin E: 1.81mg (12.04%), Vitamin B12: 0.67µg (11.15%), Iron: 1.96mg (10.91%), Vitamin B6: 0.18mg (9.03%), Copper: 0.17mg (8.66%), Potassium: 260.43mg (7.44%), Vitamin B5: 0.7mg (7%), Vitamin C: 4.51mg (5.47%), Vitamin D: 0.42µg (2.77%)