



Cooking Light's Grilled Goat Cheese Sandwiches with Fig and Honey



Vegetarian



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce raisin bread
- ☐ 2 tablespoons let set min. spread
- ☐ 2 teaspoons basil fresh thinly sliced
- ☐ 4 ounce goat cheese
- ☐ 2 teaspoons honey
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 1 teaspoon powdered sugar

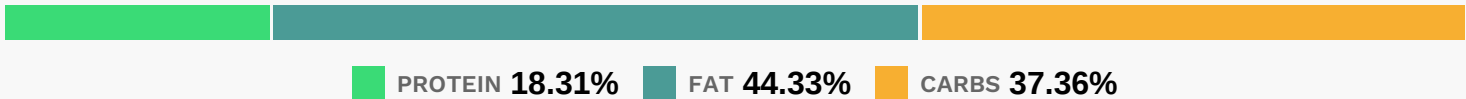
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients, stirring until well blended.
- ☐ Spread 1 tablespoon goat cheese mixture on each of 4 bread slices; top each slice with 1 1/2 teaspoons preserves and 1/2 teaspoon basil. Top with remaining bread slices. Lightly coat outside of bread with cooking spray.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 2 sandwiches to pan.
- ☐ Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten. Cook 3 minutes on each side or until bread is lightly toasted (leave pan on sandwiches while they cook). Repeat with remaining sandwiches.
- ☐ Sprinkle evenly with sugar.

Nutrition Facts



Properties

Glycemic Index:62.07, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:3.2282608825227%

Nutrients (% of daily need)

Calories: 126.38kcal (6.32%), Fat: 6.29g (9.68%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.53g (4.19%), Sugar: 7.42g (8.24%), Cholesterol: 13.04mg (4.35%), Sodium: 131.32mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Copper: 0.23mg (11.51%), Vitamin B2: 0.14mg (8.4%), Phosphorus: 81.81mg (8.18%), Vitamin A: 295.55IU (5.91%), Calcium: 46.24mg (4.62%), Iron: 0.8mg (4.42%), Vitamin B6: 0.08mg (3.91%), Manganese: 0.07mg (3.5%), Selenium: 2.38µg (3.4%), Vitamin B1: 0.05mg (3.01%), Folate: 11.8µg (2.95%), Vitamin B5: 0.22mg (2.24%), Zinc: 0.32mg (2.16%), Vitamin B3: 0.38mg (1.88%), Magnesium: 6.78mg (1.69%), Fiber: 0.4g (1.61%)