



Double-Decker Grilled Cheese Sandwiches

READY IN



23 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 8 slices bread
- ☐ 4 ounce cheddar cheese
- ☐ 4 ounce mozzarella cheese

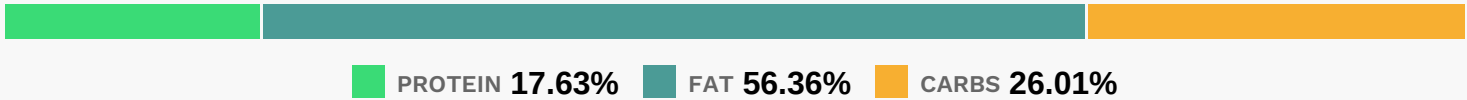
Equipment

- ☐ frying pan

Directions

- ☐
- Spread butter evenly on one side of each slice of bread.
- ☐
- Place 4 slices of bread, buttered sides down, in 12-inch skillet. Top each with 1 slice of Cheddar cheese and 1 slice of Monterey Jack cheese. Top with remaining bread, buttered sides up.
- ☐
- Cook uncovered over medium heat about 5 minutes or until bottoms of sandwiches are golden brown; turn. Cook 2 to 3 minutes longer or until bottoms are golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:14.65, Inflammation Score:-6, Nutrition Score:14.083043317432%

Nutrients (% of daily need)

Calories: 429.65kcal (21.48%), Fat: 26.96g (41.48%), Saturated Fat: 11.32g (70.72%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 25.77g (9.37%), Sugar: 3.59g (3.99%), Cholesterol: 50.75mg (16.92%), Sodium: 727.05mg (31.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.95%), Calcium: 416.75mg (41.67%), Selenium: 28.97µg (41.39%), Manganese: 0.68mg (33.94%), Phosphorus: 304.85mg (30.49%), Vitamin B2: 0.35mg (20.6%), Vitamin A: 852.41IU (17.05%), Vitamin B1: 0.25mg (16.53%), Zinc: 2.45mg (16.34%), Vitamin B12: 0.96µg (15.96%), Vitamin B3: 3.18mg (15.89%), Folate: 55.64µg (13.91%), Iron: 2.19mg (12.14%), Magnesium: 36.6mg (9.15%), Fiber: 2.24g (8.96%), Vitamin B5: 0.63mg (6.25%), Copper: 0.1mg (4.77%), Vitamin E: 0.7mg (4.66%), Vitamin B6: 0.09mg (4.66%), Vitamin K: 4.08µg (3.88%), Potassium: 126.74mg (3.62%), Vitamin D: 0.28µg (1.89%)