



Double Grilled Cheese Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices processed cheese food white
- ☐ 12 slices bread
- ☐ 0.3 cup butter softened
- ☐ 6 slices mild cheddar cheese

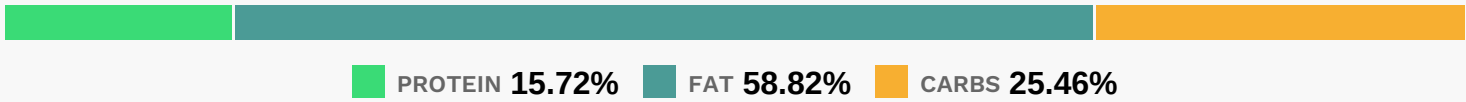
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to 400 to 450 (high) heat.
- ☐ Spread butter on 1 side of 12 bread slices.
- ☐ Layer 2 white American cheese slices and 1 mild Cheddar cheese slice on unbuttered sides of each of 6 bread slices. Top with remaining bread slices, buttered sides up. Grill 1 to 2 minutes on each side or until grill marks appear and cheese melts.

Nutrition Facts



Properties

Glycemic Index:27.11, Glycemic Load:14.83, Inflammation Score:-6, Nutrition Score:15.503478211553%

Nutrients (% of daily need)

Calories: 446.44kcal (22.32%), Fat: 29.34g (45.14%), Saturated Fat: 16.1g (100.62%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 26.33g (9.58%), Sugar: 4.22g (4.69%), Cholesterol: 79.34mg (26.45%), Sodium: 1138.7mg (49.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.3%), Calcium: 631.36mg (63.14%), Selenium: 29.52µg (42.17%), Phosphorus: 421.59mg (42.16%), Manganese: 0.69mg (34.32%), Vitamin B2: 0.32mg (18.68%), Vitamin B1: 0.24mg (16.12%), Vitamin A: 804.72IU (16.09%), Vitamin B3: 3.18mg (15.88%), Zinc: 2.26mg (15.07%), Vitamin B12: 0.83µg (13.77%), Folate: 54.81µg (13.7%), Iron: 2.31mg (12.83%), Magnesium: 38.66mg (9.66%), Fiber: 2.24g (8.96%), Vitamin B5: 0.71mg (7.09%), Copper: 0.11mg (5.39%), Vitamin E: 0.79mg (5.26%), Vitamin B6: 0.1mg (4.84%), Vitamin K: 4.91µg (4.67%), Potassium: 149.76mg (4.28%), Vitamin D: 0.35µg (2.36%)