



Dulce de Leche Grilled Cheese Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small apples cored peeled thinly sliced
- ☐ 4 slices cinnamon-raisin bread
- ☐ 0.3 cup cream cheese softened
- ☐ 1 tablespoon dulce de leche (milk caramel spread)
- ☐ 0.5 teaspoon ground cinnamon

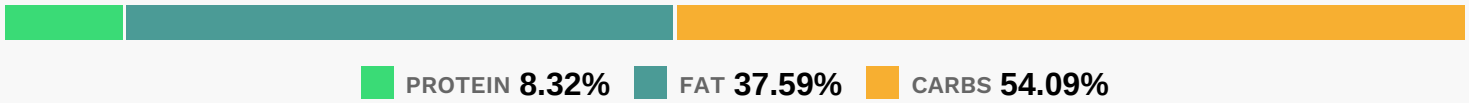
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, mix the cream cheese, dulce de leche, and cinnamon until thoroughly combined.
- ☐ Spread 2 slices of bread with the mixture, half on each slice. Divide the apple slices in half, and arrange the slices on top of the cream cheese topping. Top with remaining bread slices to make 2 sandwiches.
- ☐ Spray a large non-stick skillet with cooking spray, and place over medium heat. Pan-fry the sandwiches until toasted and golden brown on each side, about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:20.87, Inflammation Score:-5, Nutrition Score:8.0747826203056%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 281.77kcal (14.09%), Fat: 12.18g (18.74%), Saturated Fat: 6.32g (39.48%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 35.16g (12.78%), Sugar: 11.78g (13.09%), Cholesterol: 28.66mg (9.55%), Sodium: 270.33mg (11.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Manganese: 0.38mg (18.85%), Selenium: 12.86µg (18.37%), Vitamin B2: 0.29mg (17.16%), Fiber: 4.29g (17.16%), Folate: 59.94µg (14.98%), Vitamin B1: 0.2mg (13.04%), Phosphorus: 95.56mg (9.56%), Vitamin B3: 1.9mg (9.51%), Iron: 1.67mg (9.28%), Vitamin A: 422.78IU (8.46%), Calcium: 71.32mg (7.13%), Potassium: 237.37mg (6.78%), Copper: 0.13mg (6.49%), Magnesium: 20.1mg (5.02%), Vitamin C: 3.5mg (4.24%), Vitamin B6: 0.08mg (4.16%), Vitamin B5: 0.41mg (4.1%), Zinc: 0.56mg (3.7%), Vitamin E: 0.54mg (3.57%), Vitamin K: 3.27µg (3.12%), Vitamin B12: 0.06µg (1.04%)