



Extra Cheesy Grilled Cheese

READY IN



26 min.

SERVINGS



10

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 8 slices bread crumbs italian
- ☐ 3 oz mozzarella cheese
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 3 oz provolone cheese

Equipment

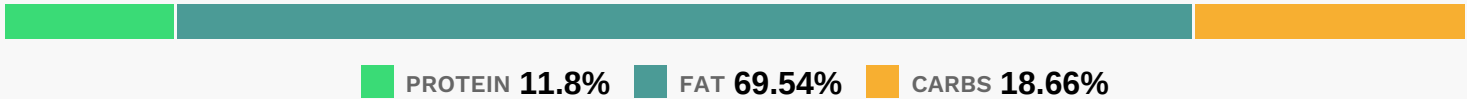
- ☐ bowl
- ☐ frying pan

- ☐ wax paper
- ☐ spatula

Directions

- ☐ Stir together butter and Parmesan cheese in a small bowl.
- ☐ Spread 1 1/2 tsp. butter mixture on 1 side of each bread slice.
- ☐ Place 4 bread slices, buttered sides down, on wax paper. Top with provolone and mozzarella cheeses; top with remaining bread slices, buttered sides up.
- ☐ Cook sandwiches, in batches, on a hot griddle or in a nonstick skillet over medium heat, gently pressing with a spatula, 4 minutes on each side or until golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.7426087331513%

Nutrients (% of daily need)

Calories: 187.44kcal (9.37%), Fat: 14.55g (22.39%), Saturated Fat: 8.64g (54%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 8.23g (2.99%), Sugar: 5.08g (5.65%), Cholesterol: 25.22mg (8.41%), Sodium: 219.76mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.11%), Calcium: 113.03mg (11.3%), Phosphorus: 82.74mg (8.27%), Vitamin A: 278.48IU (5.57%), Vitamin B12: 0.33µg (5.57%), Selenium: 2.91µg (4.16%), Vitamin B2: 0.07mg (4.08%), Zinc: 0.58mg (3.88%), Vitamin B3: 0.74mg (3.72%), Folate: 11.73µg (2.93%), Iron: 0.42mg (2.34%), Fiber: 0.56g (2.24%), Vitamin B1: 0.03mg (1.8%), Magnesium: 7.09mg (1.77%), Potassium: 55.2mg (1.58%), Vitamin E: 0.17mg (1.13%)