



WHATSheATE



Fancy 5-Minute Grilled Cheese

READY IN



10 min.

SERVINGS



1

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice processed cheese food fat-free
- ☐ 2 slices bread light
- ☐ 2 dashes garlic powder divided
- ☐ 1 tablespoon buttery spread light divided room temperature
- ☐ 1 piece roasted pepper red jarred packed in water)
- ☐ 1 wedge spreadable swiss cheese light (recommended: The Laughing Cow)

Equipment

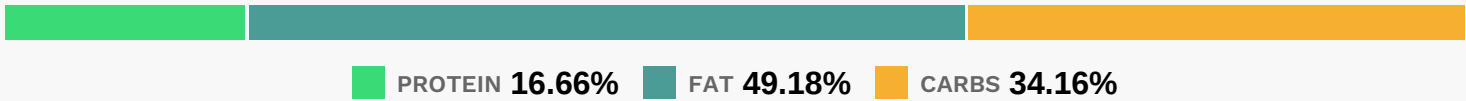
- ☐ stove

☐ grill pan

Directions

- ☐ Spray a grill pan with nonstick spray and place over medium-high heat on the stove.
- ☐ Lay bread slices on a flat surface, and evenly spread the cheese wedge onto one slice of bread. Slice red pepper into strips, and evenly place over the slice of bread spread with cheese. Top with the slice of cheese, followed by the other slice of bread.
- ☐ Spread 1/2 tablespoon of butter onto the upward-facing slice of bread.
- ☐ Sprinkle with a dash of garlic powder.
- ☐ Gently place the sandwich in the hot grill pan with the buttered side down. Carefully spread the remaining 1/2 tablespoon of butter onto the upward-facing side.
- ☐ Sprinkle with the remaining dash of garlic powder.
- ☐ Cook until the cheese has melted and the bread is lightly browned, 1 to 2 minutes per side, flipping carefully. Eat your sandwich and enjoy it!

Nutrition Facts



Properties

Glycemic Index:117.67, Glycemic Load:14.63, Inflammation Score:-8, Nutrition Score:16.610869524272%

Nutrients (% of daily need)

Calories: 358.62kcal (17.93%), Fat: 19.71g (30.32%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 27.93g (10.16%), Sugar: 3.73g (4.15%), Cholesterol: 36.81mg (12.27%), Sodium: 1236.17mg (53.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.04%), Calcium: 457.92mg (45.79%), Manganese: 0.76mg (37.79%), Selenium: 26.08µg (37.25%), Phosphorus: 320.25mg (32.03%), Vitamin A: 1255.61IU (25.11%), Vitamin C: 17.34mg (21.02%), Vitamin E: 2.59mg (17.3%), Vitamin B3: 3.38mg (16.88%), Vitamin B1: 0.25mg (16.88%), Vitamin B2: 0.26mg (15.04%), Folate: 57.67µg (14.42%), Iron: 2.58mg (14.33%), Vitamin B12: 0.83µg (13.81%), Zinc: 1.97mg (13.16%), Fiber: 2.86g (11.46%), Magnesium: 39.78mg (9.94%), Vitamin K: 10.09µg (9.61%), Vitamin B6: 0.18mg (9.22%), Copper: 0.16mg (7.96%), Vitamin B5: 0.65mg (6.46%), Potassium: 201.11mg (5.75%)