



Favorite Pizza Grill Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 american cheese singles white kraft
- 2 Tbsp classico pizza sauce traditional
- 2 Tbsp onions red chopped
- 2 Tbsp pasilla peppers mixed green red chopped
- 4 tsp vegetable oil spread
- 4 slices bread white

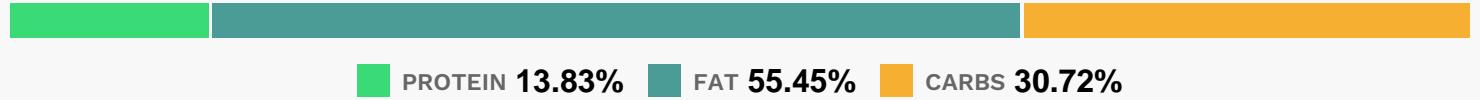
Equipment

- frying pan

Directions

- Spread bread with pizza sauce. Cover each of 2 bread slices with 1 Singles and 1 Tbsp. each peppers and onions; top with second Singles and second bread slice, sauce-side down.
- Spread outsides of sandwiches with vegetable oil spread.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:91.89, Glycemic Load:18.45, Inflammation Score:-7, Nutrition Score:13.210869379666%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 367.87kcal (18.39%), Fat: 22.78g (35.05%), Saturated Fat: 9.58g (59.87%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 26.7g (9.71%), Sugar: 4.8g (5.33%), Cholesterol: 42mg (14%), Sodium: 1100.74mg (47.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.57%), Calcium: 552.55mg (55.26%), Phosphorus: 336.69mg (33.67%), Selenium: 20.22µg (28.89%), Vitamin B1: 0.27mg (18.28%), Manganese: 0.35mg (17.68%), Vitamin A: 833.2IU (16.66%), Folate: 63.13µg (15.78%), Vitamin B2: 0.24mg (13.93%), Vitamin B3: 2.62mg (13.09%), Iron: 2.14mg (11.9%), Vitamin C: 9.29mg (11.26%), Vitamin B12: 0.64µg (10.66%), Zinc: 1.55mg (10.32%), Magnesium: 28.88mg (7.22%), Fiber: 1.7g (6.81%), Vitamin E: 0.99mg (6.6%), Vitamin B6: 0.12mg (5.85%), Potassium: 193.31mg (5.52%), Copper: 0.11mg (5.43%), Vitamin B5: 0.51mg (5.13%), Vitamin K: 2.34µg (2.23%), Vitamin D: 0.25µg (1.68%)