



Feta Pepper Jack Grilled Cheese

 Vegetarian

READY IN



5 min.

SERVINGS



2

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

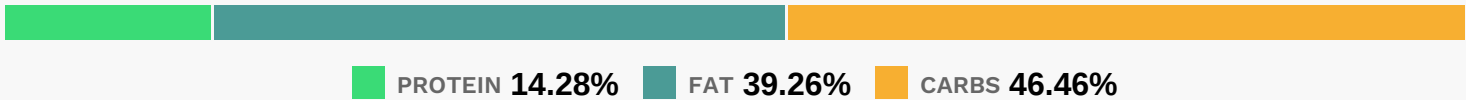
- ☐ 0.5 tbsp butter melted
- ☐ 1.8 oz feta cheese cut into thin slices (I prefer Israeli feta or Bulgarian sheep's milk feta)
- ☐ 0.5 tbsp olive oil
- ☐ 2 pepper jack cheese
- ☐ 1 pinch salt
- ☐ 2 large slices sourdough bread
- ☐ 4 slices tomatoes ripe
- ☐ 0.5 tsp za'atar

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Feta Pepper Jack Grilled Cheese
- ☐ Ingredients1/2 tbsp melted butter1/2 tbsp olive oil2 large slices sourdough bread
- ☐ Pinch of salt(2 large slices) pepper jack cheese4–5 slices ripe tomato1 3/4 oz feta cheese (I prefer Israeli feta or Bulgarian sheep's milk feta), cut into thin slices1/2 tsp za'atar spice blend
- ☐ Total Time: 5 Minutes
- ☐ Servings: 1–2 servings
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:111.25, Glycemic Load:26.42, Inflammation Score:-6, Nutrition Score:13.71608691371%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 310.35kcal (15.52%), Fat: 13.69g (21.06%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 34.3g (12.47%), Sugar: 4.39g (4.88%), Cholesterol: 30.6mg (10.2%), Sodium: 719.18mg (31.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.42%), Vitamin B1: 0.51mg (34.28%), Selenium: 22.22µg (31.74%), Vitamin B2: 0.5mg (29.35%), Folate: 95.73µg (23.93%), Manganese: 0.42mg (21.18%), Vitamin B3: 3.67mg (18.33%), Iron: 3.15mg (17.48%), Calcium: 174.06mg (17.41%), Phosphorus: 169.55mg (16.96%), Vitamin A: 660.41IU (13.21%), Vitamin K: 11.83µg (11.26%), Vitamin B6: 0.22mg (10.96%), Zinc: 1.52mg (10.14%), Vitamin C: 7.52mg (9.12%), Fiber: 2.15g (8.59%), Magnesium: 32.02mg (8.01%), Vitamin B12: 0.43µg (7.23%), Vitamin E: 1.08mg (7.19%), Copper: 0.14mg (6.98%), Potassium: 221.98mg (6.34%), Vitamin B5: 0.51mg (5.08%)