



Flavor-Full" Grilled Cheese

READY IN



15 min.

SERVINGS



15

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 basil leaves fresh
- 2 singles kraft
- 2 tsp butter softened
- 2 slices tomatoes
- 2 slices bread whole wheat

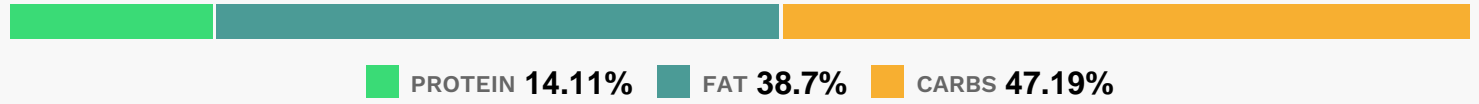
Equipment

- frying pan

Directions

- Fill bread slices with Singles, tomatoes and basil.
- Spread outside of sandwich with margarine.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:11.85, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:0.81043478887042%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 14.86kcal (0.74%), Fat: 0.65g (0.99%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.27g (0.3%), Cholesterol: 0.02mg (0.01%), Sodium: 24.62mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Manganese: 0.09mg (4.25%), Selenium: 0.96µg (1.38%), Vitamin A: 61.03IU (1.22%), Fiber: 0.27g (1.08%), Vitamin B1: 0.02mg (1.07%), Phosphorus: 10.21mg (1.02%)