



Flavor-Full" Grilled Cheese

READY IN



15 min.

SERVINGS



1

CALORIES



223 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

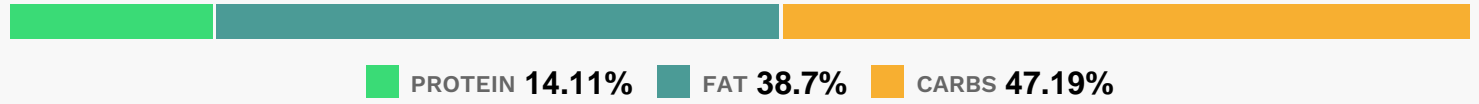
Equipment

- 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:177.7, Glycemic Load:15.04, Inflammation Score:-7, Nutrition Score:12.140434665524%

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: 222.87kcal (11.14%), Fat: 9.69g (14.91%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 22.56g (8.2%), Sugar: 4.03g (4.48%), Cholesterol: 0.32mg (0.11%), Sodium: 369.37mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.9%), Manganese: 1.28mg (63.78%), Selenium: 14.45µg (20.65%), Vitamin A: 915.46IU (18.31%), Fiber: 4.04g (16.15%), Vitamin B1: 0.24mg (16.03%), Phosphorus: 153.2mg (15.32%), Vitamin K: 15.27µg (14.55%), Vitamin B3: 2.82mg (14.09%), Magnesium: 50.37mg (12.59%), Calcium: 116.57mg (11.66%), Vitamin C: 7.71mg (9.34%), Iron: 1.63mg (9.06%), Vitamin B6: 0.17mg (8.37%), Copper: 0.16mg (8.23%), Folate: 32.8µg (8.2%), Potassium: 281.37mg (8.04%), Zinc: 1.14mg (7.6%), Vitamin B2: 0.11mg (6.68%), Vitamin E: 0.9mg (5.99%), Vitamin B5: 0.44mg (4.43%)