



Garden Fresh Grilled Cheese

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 tsp pepper black
- 3 cherry tomatoes halved
- 2 basil leaves fresh
- 2 singles kraft
- 2 slices multi-grain bread
- 2 tsp butter unsalted softened

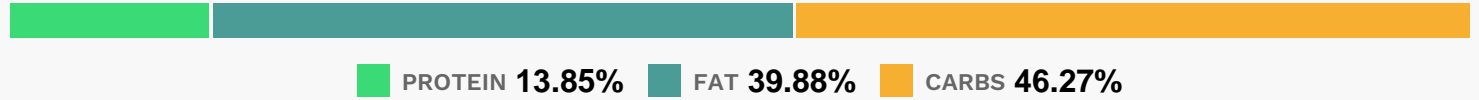
Equipment

- frying pan

Directions

- Combine first 3 ingredients. Top 1 bread slice with 1 Singles; cover with tomato mixture, second Singles and remaining bread slice.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:171.7, Glycemic Load:14.52, Inflammation Score:-6, Nutrition Score:11.898260874593%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 226.89kcal (11.34%), Fat: 10.19g (15.67%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 22.81g (8.29%), Sugar: 3.88g (4.32%), Cholesterol: 21.82mg (7.27%), Sodium: 284.75mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Manganese: 1.29mg (64.53%), Selenium: 14.82µg (21.17%), Vitamin B1: 0.24mg (15.89%), Phosphorus: 154.7mg (15.47%), Fiber: 3.8g (15.19%), Vitamin C: 11.78mg (14.27%), Vitamin B3: 2.77mg (13.83%), Magnesium: 48.85mg (12.21%), Vitamin A: 587.86IU (11.76%), Calcium: 116.05mg (11.61%), Iron: 1.83mg (10.18%), Vitamin K: 10.23µg (9.74%), Copper: 0.17mg (8.64%), Vitamin B6: 0.16mg (8.18%), Folate: 31.04µg (7.76%), Potassium: 263.98mg (7.54%), Zinc: 1.13mg (7.5%), Vitamin B2: 0.11mg (6.72%), Vitamin E: 0.83mg (5.53%), Vitamin B5: 0.47mg (4.66%)