



Garden Grilled Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup artichoke hearts canned drained sliced
- ☐ 8 teaspoons dijon mustard
- ☐ 1.3 cups bottled roasted bell peppers red sliced
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 ounce sourdough bread

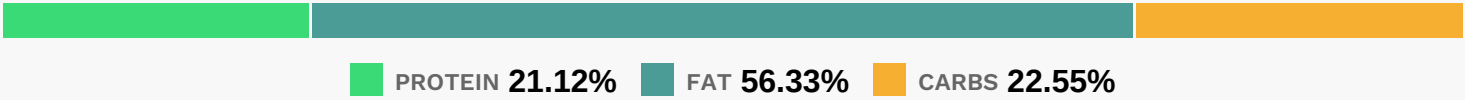
Equipment

- ☐ frying pan

Directions

- ☐ Spread 2 teaspoons mustard on 1 bread slice; top with 1/4 cup cheese, 2 tablespoons artichokes, 1/3 cup bell peppers, and 1 bread slice. Repeat procedure with remaining mustard, bread, cheese, artichokes, and bell peppers.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Add sandwiches to skillet; cook 2 minutes on each side or until golden brown.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:3.05, Inflammation Score:-5, Nutrition Score:7.7913044146869%

Nutrients (% of daily need)

Calories: 164.71kcal (8.24%), Fat: 10.29g (15.83%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 7.1g (2.58%), Sugar: 1.07g (1.19%), Cholesterol: 28.35mg (9.45%), Sodium: 1221.09mg (53.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Vitamin C: 21.74mg (26.35%), Calcium: 229.55mg (22.95%), Selenium: 13.59µg (19.41%), Phosphorus: 157.42mg (15.74%), Vitamin A: 533.83IU (10.68%), Vitamin B2: 0.18mg (10.35%), Fiber: 2.16g (8.66%), Zinc: 1.26mg (8.41%), Manganese: 0.16mg (7.82%), Vitamin B1: 0.09mg (5.94%), Vitamin B6: 0.12mg (5.86%), Folate: 22.84µg (5.71%), Vitamin B12: 0.3µg (5.01%), Magnesium: 19.86mg (4.96%), Iron: 0.85mg (4.75%), Copper: 0.09mg (4.41%), Vitamin B3: 0.67mg (3.35%), Potassium: 113.25mg (3.24%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.26mg (1.75%), Vitamin D: 0.17µg (1.13%)