



Glorified Grilled Cheese

READY IN



18 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup neufcha@gtel cheese softened
- 0.5 teaspoon basil dried
- 3 ounce mozzarella cheese fat-free
- 1 tablespoon butter softened reduced-calorie
- 3 ounce sharp cheddar cheese fat-free
- 1 ounce bread whole wheat white

Equipment

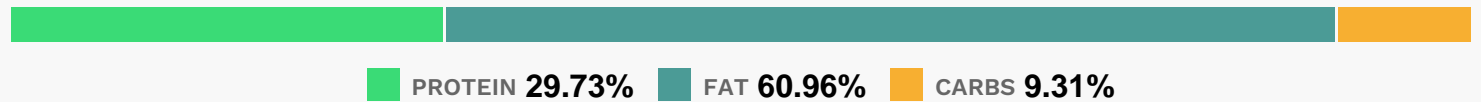
- frying pan

panini press

Directions

- Combine Neufcha@Gtel cheese and basil, stirring well.
- Spread cheese mixture evenly over one side of 4 bread slices.
- Place cheese slices over cheese mixture; top with remaining bread slices.
- Spread margarine evenly over both sides of sandwiches.
- Place in a sandwich press or hot skillet coated with cooking spray. Cook until bread is lightly browned and cheese melts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:7.9556521855133%

Nutrients (% of daily need)

Calories: 198.61kcal (9.93%), Fat: 13.51g (20.78%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.78g (1.38%), Sugar: 0.73g (0.81%), Cholesterol: 34.51mg (11.5%), Sodium: 423.61mg (18.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.64%), Calcium: 436.63mg (43.66%), Phosphorus: 296.16mg (29.62%), Selenium: 14.53µg (20.76%), Zinc: 2.09mg (13.95%), Vitamin B2: 0.21mg (12.57%), Vitamin A: 536.01IU (10.72%), Vitamin B12: 0.52µg (8.74%), Manganese: 0.17mg (8.33%), Magnesium: 21.75mg (5.44%), Vitamin K: 3.77µg (3.59%), Fiber: 0.86g (3.42%), Folate: 11.97µg (2.99%), Vitamin E: 0.42mg (2.8%), Vitamin B6: 0.06mg (2.77%), Vitamin B1: 0.04mg (2.75%), Iron: 0.41mg (2.27%), Potassium: 68.64mg (1.96%), Vitamin B3: 0.36mg (1.81%), Copper: 0.04mg (1.8%), Vitamin B5: 0.18mg (1.79%), Vitamin D: 0.18µg (1.23%)