



## Golden Gate Grilled Cheese

READY IN



30 min.

SERVINGS



30

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 avocado thinly sliced
- ☐ 2 tablespoons butter softened
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 large eggs lightly beaten
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup milk
- ☐ 2 slices muenster cheese
- ☐ 1 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper red

- ☐ 4 sourdough bread
- ☐ 6 ounces deli- turkey thinly sliced

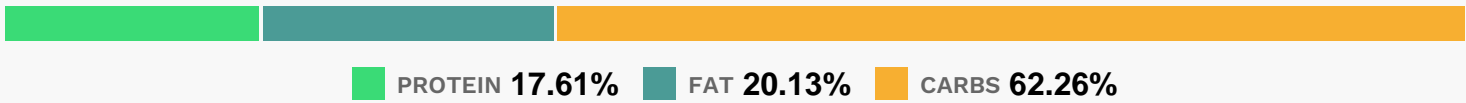
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ In a small bowl, combine butter, garlic, and chile flakes. In a medium bowl, whisk egg and milk.
- ☐ Spread parmesan on a plate.
- ☐ In a large frying pan, melt half the seasoned butter over medium heat. Dip 1 bread slice in egg mixture, coating one side only. Dip coated side into parmesan.
- ☐ Place to one side in frying pan, cheese side down. Repeat with 1 of remaining bread slices. Arrange turkey, avocado, cilantro, and muenster on slices, dividing evenly.
- ☐ Dip remaining bread into egg and then into parmesan. Arrange on sandwiches, cheese side up, and cook over medium heat until undersides are golden brown, 3 to 4 minutes. Lift sandwiches and add remaining butter to pan; flip and cook until second side is golden brown, 3 to 4 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:9.92, Glycemic Load:24.24, Inflammation Score:-4, Nutrition Score:8.9217391454655%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 207.1kcal (10.36%), Fat: 4.65g (7.15%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 30.78g (11.19%), Sugar: 3g (3.33%), Cholesterol: 15.92mg (5.31%), Sodium: 494.52mg (21.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Vitamin B1: 0.44mg (29.1%), Selenium: 20.04µg (28.63%), Folate: 78.49µg (19.62%), Vitamin B2: 0.3mg (17.6%), Vitamin B3: 3.39mg (16.94%), Manganese: 0.33mg (16.39%), Iron: 2.46mg (13.69%), Phosphorus: 114.99mg (11.5%), Calcium: 79.41mg (7.94%), Fiber: 1.57g (6.27%), Zinc: 0.93mg (6.22%), Magnesium: 23.59mg (5.9%), Vitamin B6: 0.11mg (5.31%), Copper: 0.1mg (5.17%), Potassium: 123.28mg (3.52%), Vitamin B5: 0.31mg (3.15%), Vitamin B12: 0.12µg (2.01%), Vitamin A: 99.03IU (1.98%), Vitamin E: 0.28mg (1.86%), Vitamin K: 1.38µg (1.32%)