

Gourmet Grilled Cheese Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



970 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounces colby-monterey jack cheese shredded
- ☐ 3 ounce cream cheese
- ☐ 8 slices bread french
- ☐ 0.8 teaspoon garlic salt
- ☐ 0.8 cup mayonnaise

Equipment

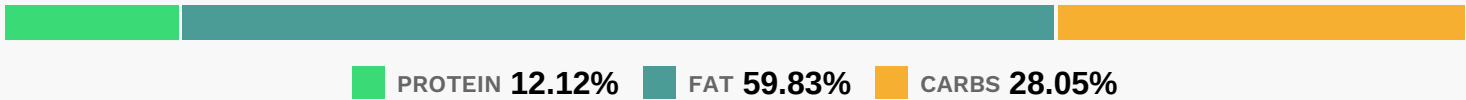
- ☐ bowl

- ☐ frying pan
- ☐ grill

Directions

- ☐ In a medium bowl, combine cream cheese, mayonnaise, shredded cheese and garlic salt. Beat until smooth.
- ☐ Preheat a large skillet over medium heat.
- ☐ Spread cheese mixture on 4 slices of bread, then top with the other 4 bread slices. Lightly butter both sides of each sandwich.
- ☐ Place sandwiches in skillet, and grill until golden brown on both sides, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:51.75, Inflammation Score:-8, Nutrition Score:26.402608456819%

Nutrients (% of daily need)

Calories: 969.85kcal (48.49%), Fat: 64.68g (99.51%), Saturated Fat: 24.31g (151.96%), Carbohydrates: 68.23g (22.74%), Net Carbohydrates: 65.42g (23.79%), Sugar: 7.24g (8.04%), Cholesterol: 104.63mg (34.88%), Sodium: 1925.25mg (83.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.97%), Vitamin K: 71.71µg (68.3%), Selenium: 47.69µg (68.14%), Vitamin B1: 0.93mg (61.78%), Calcium: 515.47mg (51.55%), Vitamin B2: 0.83mg (48.64%), Folate: 171.87µg (42.97%), Phosphorus: 419.39mg (41.94%), Manganese: 0.68mg (34.17%), Vitamin B3: 6.24mg (31.22%), Iron: 5.53mg (30.72%), Zinc: 3.21mg (21.39%), Vitamin A: 923.8IU (18.48%), Magnesium: 58.75mg (14.69%), Vitamin E: 2.14mg (14.26%), Fiber: 2.82g (11.26%), Copper: 0.22mg (11.24%), Vitamin B6: 0.2mg (9.86%), Vitamin B12: 0.58µg (9.66%), Vitamin B5: 0.75mg (7.48%), Potassium: 233.92mg (6.68%), Vitamin D: 0.42µg (2.83%)