

# Grilled Apple and Swiss Cheese Sandwich



Vegetarian



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 apples i use 2 granny smith apples cored peeled thinly sliced
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup swiss cheese shredded
- ☐ 2 slices bread whole wheat

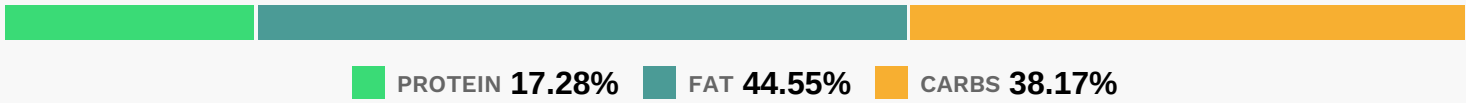
## Equipment

- ☐ frying pan

# Directions

- ☐ Preheat a skillet over medium heat. Lightly brush one side of each slice of bread with the olive oil.
- ☐ Place 1 slice of bread, olive oil side down into the skillet, and arrange the apple slices evenly over the top.
- ☐ Sprinkle the Swiss cheese over the apple, then top with the remaining slice of bread, olive oil-side up. Cook until the bread is golden brown, then flip the sandwich over, and cook until the other side is golden brown and the cheese has melted, 1 to 2 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:128.7, Glycemic Load:17.94, Inflammation Score:-5, Nutrition Score:15.96521746594%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 384.08kcal (19.2%), Fat: 19.3g (29.7%), Saturated Fat: 7.82g (48.85%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 31.67g (11.52%), Sugar: 11.93g (13.26%), Cholesterol: 33.48mg (11.16%), Sodium: 319.63mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.69%), Manganese: 1.23mg (61.46%), Calcium: 417.2mg (41.72%), Selenium: 25.28µg (36.12%), Phosphorus: 335.37mg (33.54%), Fiber: 5.54g (22.18%), Vitamin B12: 1.09µg (18.12%), Zinc: 2.6mg (17.3%), Vitamin B1: 0.24mg (15.89%), Magnesium: 59.55mg (14.89%), Vitamin B2: 0.23mg (13.28%), Vitamin B3: 2.59mg (12.93%), Vitamin E: 1.55mg (10.31%), Vitamin K: 10.49µg (9.99%), Vitamin B6: 0.18mg (9.17%), Iron: 1.62mg (9.02%), Copper: 0.17mg (8.4%), Potassium: 262.99mg (7.51%), Folate: 29.49µg (7.37%), Vitamin A: 349.62IU (6.99%), Vitamin B5: 0.59mg (5.94%), Vitamin C: 4.19mg (5.07%)