



Grilled Beer-Cheese Sandwich

READY IN



10 min.

SERVINGS



5

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices bread
- ☐ 2 teaspoons butter softened
- ☐ 0.3 cup beer-cheese spread

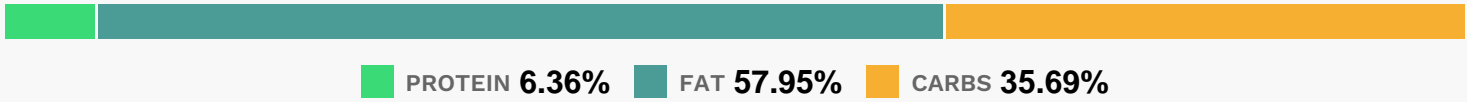
Equipment

- ☐ frying pan
- ☐ wax paper

Directions

- ☐
- Spread 1 tsp. softened butter evenly on 1 side of 2 bread slices.
- ☐
- Place bread slices, buttered sides down, on wax paper.
- ☐
- Spread Beer–Cheese
- ☐
- Spread onto 1 side of 1 bread slice. Top with remaining bread slice, buttered side up. Cook sandwich in a nonstick skillet or griddle over medium heat 3 to 5 minutes on each side or until golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21.73, Glycemic Load:2.86, Inflammation Score:-1, Nutrition Score:1.8682608667599%

Nutrients (% of daily need)

Calories: 81.58kcal (4.08%), Fat: 4.92g (7.58%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.38g (2.32%), Sugar: 1.72g (1.91%), Cholesterol: 10.75mg (3.58%), Sodium: 188.43mg (8.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Manganese: 0.13mg (6.68%), Calcium: 57.49mg (5.75%), Selenium: 3.25µg (4.64%), Vitamin A: 157.73IU (3.15%), Vitamin B3: 0.63mg (3.13%), Vitamin B1: 0.05mg (3.08%), Folate: 9.58µg (2.39%), Iron: 0.4mg (2.24%), Fiber: 0.45g (1.79%), Vitamin B2: 0.03mg (1.7%), Phosphorus: 14.93mg (1.49%), Magnesium: 4.63mg (1.16%)