



Grilled Cheddar Cheese Sandwich

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cream cheese at room temperature
- 0.3 cup mayonnaise
- 4 servings salt and pepper black freshly ground
- 1 cup cheddar shredded
- 0.5 teaspoon paprika smoked
- 8 slices sourdough bread
- 4 tablespoons butter unsalted at room temperature

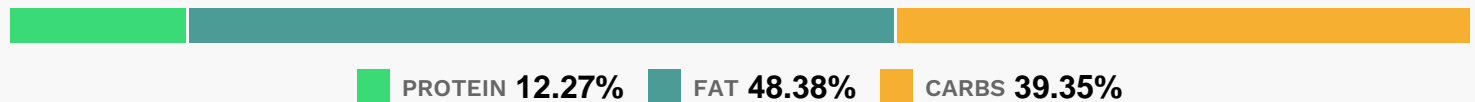
Equipment

- bowl
- frying pan

Directions

- Preheat a skillet over medium heat.
- Mix the butter, mayo and smoked paprika in a small bowl until well combined.
- Sprinkle with salt and pepper.
- Lightly butter one side of each of the bread slices with the mayo mixture.
- Add the cream cheese to the remaining mayo mixture and mix well to combine.
- Spread some of the cream cheese mixture on the other side of each of the bread slices.
- Distribute the Cheddar on the cream cheese-side of 4 of the bread slices.
- Place the remaining 4 bread slices on top.
- Place the sandwiches in the skillet and cook until golden on the bottom, about 3 minutes. Flip the sandwiches and place a heavy-bottomed skillet on top of the sandwiches and cook until golden brown and the cheese is melted, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:51.56, Inflammation Score:-8, Nutrition Score:21.336521863937%

Nutrients (% of daily need)

Calories: 685.33kcal (34.27%), Fat: 37.06g (57.01%), Saturated Fat: 16.4g (102.51%), Carbohydrates: 67.81g (22.6%), Net Carbohydrates: 64.88g (23.59%), Sugar: 6.39g (7.1%), Cholesterol: 71.55mg (23.85%), Sodium: 1068.71mg (46.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Selenium: 45.71µg (65.3%), Vitamin B1: 0.92mg (61.45%), Folate: 165.28µg (41.32%), Vitamin B2: 0.7mg (41.09%), Manganese: 0.69mg (34.63%), Vitamin B3: 6.22mg (31.12%), Iron: 5.15mg (28.63%), Calcium: 278.82mg (27.88%), Phosphorus: 278.79mg (27.88%), Vitamin K: 25.89µg (24.66%), Vitamin A: 863.07IU (17.26%), Zinc: 2.45mg (16.33%), Magnesium: 50.28mg (12.57%), Fiber: 2.93g (11.71%), Copper: 0.21mg (10.66%), Vitamin E: 1.4mg (9.34%), Vitamin B6: 0.17mg (8.38%), Vitamin B5: 0.63mg (6.33%), Vitamin B12: 0.36µg (5.93%), Potassium: 194.27mg (5.55%), Vitamin D: 0.41µg (2.72%)