



Grilled Cheddar with Apples

 Vegetarian

READY IN



16 min.

SERVINGS



10

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 1 medium apples cored thinly sliced
- ☐ 1 cup baby spinach leaves
- ☐ 4 teaspoons grainy dijon mustard
- ☐ 4 teaspoons mayonnaise
- ☐ 8 slices whole-grain multigrain bread seeded thin
- ☐ 1 cup sharp cheddar grated

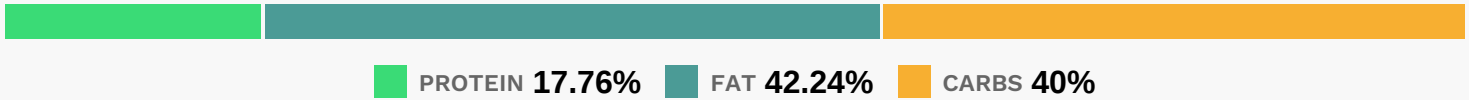
Equipment

- ☐ frying pan

Directions

- ☐ Place a heavy skillet over low heat.
- ☐ Spread 1/2 tsp. mayonnaise on each bread slice and 1/2 tsp. mustard on other side.
- ☐ Sprinkle half of cheese over mustard side of 4 slices.
- ☐ Add apple, spinach and remaining cheese. Top with remaining bread slices, mustard-side down.
- ☐ Put 2 sandwiches in skillet; weigh down with another skillet. Cook until toasted, about 3 minutes. Turn sandwiches over, weigh down again and cook until cheese melts, about 3 minutes more.
- ☐ Transfer to a plate. Repeat to make other 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:6.56, Inflammation Score:-4, Nutrition Score:6.7078260947829%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 125.25kcal (6.26%), Fat: 5.94g (9.14%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 10.73g (3.9%), Sugar: 2.97g (3.3%), Cholesterol: 11.97mg (3.99%), Sodium: 209.41mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Manganese: 0.52mg (26.06%), Vitamin K: 19.55µg (18.62%), Selenium: 9.72µg (13.89%), Calcium: 121.85mg (12.19%), Phosphorus: 105.21mg (10.52%), Vitamin A: 407.5IU (8.15%), Fiber: 1.93g (7.73%), Vitamin B1: 0.1mg (6.68%), Magnesium: 24.56mg (6.14%), Vitamin B2: 0.1mg (5.83%), Zinc: 0.85mg (5.65%), Vitamin B3: 1.05mg (5.24%), Folate: 18.37µg (4.59%), Iron: 0.73mg (4.05%), Vitamin B6: 0.07mg (3.55%), Copper: 0.06mg (3.25%), Potassium: 104.24mg (2.98%), Vitamin E: 0.36mg (2.39%), Vitamin

B5: 0.22mg (2.22%), Vitamin C: 1.69mg (2.05%), Vitamin B12: 0.12µg (2.03%)