



Grilled Cheese and Peanut Butter Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 2 teaspoons butter
- ☐ 1 slice cheddar cheese
- ☐ 2 tablespoons peanut butter

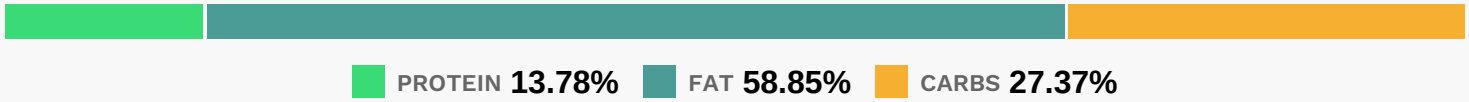
Equipment

- ☐ frying pan

Directions

- ☐ Heat a skillet over medium heat.
- ☐ Spread peanut butter on one slice of bread, lay a slice of cheese over the peanut butter, and top with the remaining slice of bread.
- ☐ Spread butter on the outer sides of the sandwich, and place in the hot skillet. Fry on each side until golden brown and cheese is melted, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:99.67, Glycemic Load:15.19, Inflammation Score:-7, Nutrition Score:16.106521838385%

Nutrients (% of daily need)

Calories: 485.74kcal (24.29%), Fat: 32.72g (50.34%), Saturated Fat: 8.56g (53.48%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 30.46g (11.08%), Sugar: 6.62g (7.36%), Cholesterol: 17mg (5.67%), Sodium: 607.64mg (26.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.49%), Manganese: 1.14mg (56.92%), Vitamin B3: 7.4mg (36.99%), Selenium: 22.25µg (31.79%), Phosphorus: 260.88mg (26.09%), Vitamin E: 3.46mg (23.06%), Calcium: 208.87mg (20.89%), Magnesium: 81.93mg (20.48%), Folate: 78.79µg (19.7%), Vitamin B1: 0.28mg (18.68%), Vitamin B2: 0.28mg (16.52%), Fiber: 3.78g (15.1%), Iron: 2.6mg (14.43%), Zinc: 2.02mg (13.46%), Copper: 0.22mg (11.14%), Vitamin B6: 0.22mg (10.84%), Vitamin A: 529.16IU (10.58%), Vitamin B5: 0.88mg (8.77%), Potassium: 276.73mg (7.91%), Vitamin B12: 0.19µg (3.17%), Vitamin K: 3.25µg (3.09%)