



Grilled Cheese and Tomato Stacks

READY IN



45 min.

SERVINGS



6

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon mint leaves fresh finely chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 pound halloumi cheese cut into 1/4-inch-thick slices
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 16 day old pita bread whole wheat white mini
- ☐ 6 servings sea salt
- ☐ 2 medium tomatoes cored ripe halved cut into 1/4-inch-thick slices

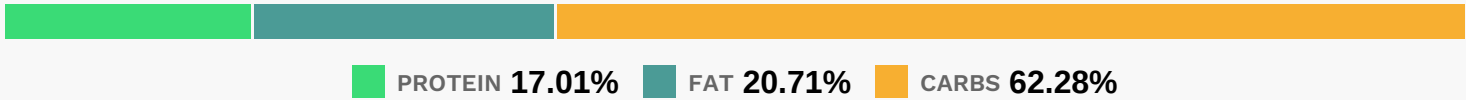
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk 1 teaspoon oil, mint, cumin, and pinch of freshly ground black pepper in medium bowl to blend.
- ☐ Add cheese slices; toss to coat. Marinate at room temperature at least 30 minutes and up to 2 hours. DO AHEAD: Can be made 2 days ahead. Cover; chill.
- ☐ Prepare barbecue (medium-high heat). Grill pitas until warm and grill marks appear, about 1 minute per side; transfer to serving plate. Grill cheese until grill marks appear and cheese begins to melt, about 1 minute per side. Stack each warm pita with slice of tomato and cheese.
- ☐ Drizzle with oil and sprinkle tomatoes lightly with sea salt.
- ☐ * Available at some supermarkets and at specialty foods stores, natural foods stores, and Greek markets.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:23.643043538798%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 523.92kcal (26.2%), Fat: 12.62g (19.41%), Saturated Fat: 6.84g (42.76%), Carbohydrates: 85.41g (28.47%), Net Carbohydrates: 75.76g (27.55%), Sugar: 5.55g (6.17%), Cholesterol: 0mg (0%), Sodium: 1278.28mg (55.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.65%), Manganese: 2.65mg (132.43%), Selenium: 65.71µg (93.87%), Calcium: 405.44mg (40.54%), Fiber: 9.65g (38.6%), Vitamin B1: 0.52mg (34.8%), Phosphorus: 279.07mg (27.91%), Magnesium: 107.87mg (26.97%), Iron: 4.74mg (26.34%), Copper: 0.46mg (22.91%), Vitamin B3:

4.49mg (22.44%), Vitamin B6: 0.43mg (21.45%), Zinc: 2.34mg (15.63%), Folate: 58.44µg (14.61%), Vitamin B5: 1.28mg (12.78%), Potassium: 352.67mg (10.08%), Vitamin E: 1.23mg (8.21%), Vitamin B2: 0.13mg (7.5%), Vitamin A: 343.3IU (6.87%), Vitamin C: 5.63mg (6.82%), Vitamin K: 5.74µg (5.46%)