



Grilled Cheese Appetizer Sandwiches

READY IN



25 min.

SERVINGS



12

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 oz processed cheese food cut into quarters
- 2 tablespoons butter
- 12 slices sharp cheddar cheese (from 6-oz package)
- 24 slices sourdough bread

Equipment

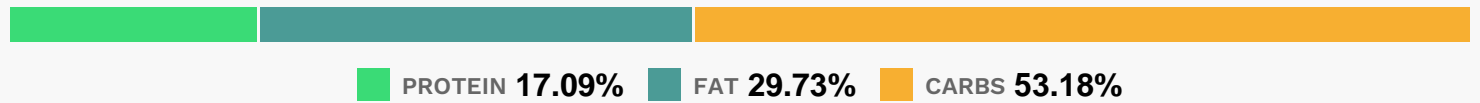
- bowl
- baking sheet
- paper towels

- oven
- microwave

Directions

- Set oven control to broil.
- Place butter in small microwavable bowl; cover with microwavable paper towel. Microwave on High 30 to 50 seconds or until melted.
- Brush butter on 1 side of each bread slice.
- On ungreased cookie sheet, place 12 bread slices, buttered sides down. Top each with 1 slice Cheddar cheese and 1 quarter-slice American cheese.
- Add remaining bread slices, buttered sides up.
- Broil with tops 4 to 6 inches from heat 2 minutes. Turn sandwiches over. Broil about 1 minute longer or until golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:51.47, Inflammation Score:-7, Nutrition Score:19.944782692858%

Nutrients (% of daily need)

Calories: 505.47kcal (25.27%), Fat: 16.75g (25.77%), Saturated Fat: 7.72g (48.27%), Carbohydrates: 67.4g (22.47%), Net Carbohydrates: 64.58g (23.48%), Sugar: 6.17g (6.85%), Cholesterol: 35.09mg (11.7%), Sodium: 1094.11mg (47.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.31%), Selenium: 45.96µg (65.66%), Vitamin B1: 0.92mg (61.21%), Folate: 163.91µg (40.98%), Vitamin B2: 0.69mg (40.44%), Calcium: 339.28mg (33.93%), Manganese: 0.68mg (33.82%), Vitamin B3: 6.19mg (30.95%), Phosphorus: 308.61mg (30.86%), Iron: 5.09mg (28.3%), Zinc: 2.54mg (16.9%), Magnesium: 50.43mg (12.61%), Fiber: 2.82g (11.26%), Copper: 0.21mg (10.35%), Vitamin A: 431IU (8.62%), Vitamin B6: 0.16mg (8.02%), Vitamin B12: 0.41µg (6.76%), Vitamin B5: 0.57mg (5.74%), Potassium: 181.66mg (5.19%), Vitamin E: 0.61mg (4.05%), Vitamin K: 1.75µg (1.67%), Vitamin D: 0.21µg (1.4%)