



Grilled Cheese & Apple Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large apples i use 2 granny smith apples thinly sliced
- ☐ 8 teaspoons dijon honey mustard
- ☐ 8 slices grain bread whole hearty
- ☐ 8 slices sharp cheddar cheese

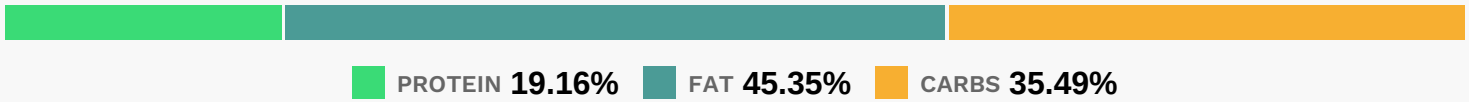
Equipment

- ☐ panini press

Directions

- ☐
- Spread about 1 tsp. mustard on 1 side of each bread slice.
- ☐
- Place 1 cheese slice on each of 4 bread slices; top with apples. Top with remaining cheese and bread, mustard sides down. Coat both sides of sandwiches with cooking spray. Cook sandwiches in a preheated panini press 8 to 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:16.88, Inflammation Score:-6, Nutrition Score:16.6843478576%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 419.71kcal (20.99%), Fat: 21.12g (32.5%), Saturated Fat: 11.18g (69.86%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 32.5g (11.82%), Sugar: 10.45g (11.61%), Cholesterol: 56mg (18.67%), Sodium: 668.8mg (29.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Manganese: 1.22mg (61.04%), Calcium: 490.55mg (49.05%), Selenium: 30.3µg (43.28%), Phosphorus: 381.33mg (38.13%), Vitamin B2: 0.35mg (20.85%), Zinc: 3.06mg (20.42%), Fiber: 4.7g (18.79%), Vitamin B1: 0.24mg (16.31%), Magnesium: 61.03mg (15.26%), Vitamin B3: 2.56mg (12.8%), Vitamin A: 592.91IU (11.86%), Vitamin B12: 0.59µg (9.89%), Folate: 36.95µg (9.24%), Vitamin B6: 0.18mg (9.12%), Iron: 1.59mg (8.83%), Copper: 0.16mg (8%), Potassium: 242.77mg (6.94%), Vitamin K: 6.94µg (6.61%), Vitamin B5: 0.65mg (6.49%), Vitamin E: 0.82mg (5.48%), Vitamin C: 2.56mg (3.11%), Vitamin D: 0.34µg (2.24%)