



Grilled Cheese, Cinnamon, and Apple Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



393 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slice processed cheese food
- 1 small apples cored peeled sliced
- 1 tablespoon butter softened
- 0.5 teaspoon ground cinnamon
- 2 slices bread white

Equipment

- frying pan

Directions

- Place a skillet over medium heat.
- Spread butter evenly and completely over one side of each bread slice. Arrange the apple slices on the unbuttered side of one of the bread slices.
- Sprinkle the cinnamon over the apples.
- Place the cheese slice atop the apples. Top with the remaining bread slice with the buttered side facing outward. Lie gently into the skillet. Cook sandwich on both sides until golden brown, 2 to 3 minutes per side.

Nutrition Facts

PROTEIN 8.98% **FAT 44.74%** **CARBS 46.28%**

Properties

Glycemic Index:188.78, Glycemic Load:23.2, Inflammation Score:-6, Nutrition Score:11.889999983103%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 393.24kcal (19.66%), Fat: 20.09g (30.91%), Saturated Fat: 11.44g (71.52%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 41.5g (15.09%), Sugar: 18.67g (20.75%), Cholesterol: 51.1mg (17.03%), Sodium: 681.02mg (29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Calcium: 347.27mg (34.73%), Manganese: 0.53mg (26.57%), Selenium: 16.01µg (22.88%), Phosphorus: 211.5mg (21.15%), Fiber: 5.26g (21.03%), Vitamin B1: 0.28mg (18.86%), Folate: 62.13µg (15.53%), Vitamin B3: 2.55mg (12.75%), Vitamin A: 632.22IU (12.64%), Vitamin B2: 0.21mg (12.53%), Iron: 2.08mg (11.54%), Vitamin C: 6.89mg (8.35%), Potassium: 253.32mg (7.24%), Zinc: 1.05mg (7.02%), Magnesium: 27.29mg (6.82%), Vitamin B6: 0.12mg (6.02%), Vitamin E: 0.89mg (5.96%), Copper: 0.12mg (5.76%), Vitamin B12: 0.34µg (5.65%), Vitamin K: 5.22µg (4.97%), Vitamin B5: 0.46mg (4.63%)