



food
network

Grilled Cheese Dippers with Spicy Tomato-Cheese Soup

READY IN



20 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baguette bread french sliced
- 0.5 stick butter softened
- 1 can condensed cheddar cheese soup
- 1 can condensed tomato soup
- 1 teaspoon basil dried
- 1 can condensed pepper jack soup southwest-style
- 2 teaspoons pepper sauce hot
- 8 ounces cheese shredded mexican-style

3 cups spicy tomato juice

Equipment

bowl

frying pan

sauce pan

Directions

In a bowl, combine condensed cheese soup and the shredded cheese.

Spread mixture on baguette slices. Butter the outside of the sandwiches.

Heat large frying pan or griddle over medium-high heat.

Place sandwiches in the pan and cook until golden brown, approximately 2 minutes. Flip sandwiches and cook second side. Cover frying pan to ensure that the cheese melts.

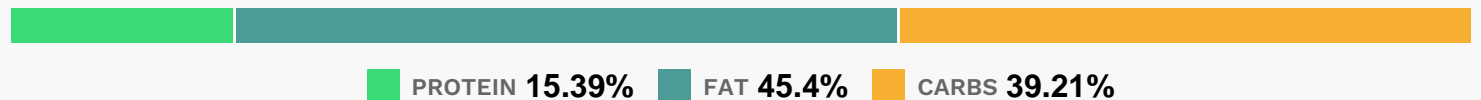
Serve as "dunkers" with mugs of Spicy Tomato-Cheese Soup.

Combine all ingredients in a medium saucepan.

Heat thoroughly, over medium heat, stirring occasionally.

Serve in mugs with Grilled Cheese Dippers.

Nutrition Facts



Properties

Glycemic Index:60.9, Glycemic Load:26.95, Inflammation Score:-9, Nutrition Score:23.163043250208%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 576.04kcal (28.8%), Fat: 29.4g (45.24%), Saturated Fat: 16.44g (102.73%), Carbohydrates: 57.12g (19.04%), Net Carbohydrates: 53.57g (19.48%), Sugar: 17.32g (19.24%), Cholesterol: 78.42mg (26.14%), Sodium: 1580.69mg (68.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.43g (44.86%), Vitamin C: 44.33mg

(53.73%), Vitamin A: 2157.82IU (43.16%), Calcium: 415.07mg (41.51%), Potassium: 1307.58mg (37.36%), Selenium: 23.33µg (33.32%), Vitamin B1: 0.5mg (33.26%), Phosphorus: 321.08mg (32.11%), Manganese: 0.56mg (28.08%), Folate: 108.66µg (27.16%), Vitamin B2: 0.44mg (25.82%), Vitamin B3: 4.78mg (23.89%), Vitamin B12: 1.32µg (21.98%), Iron: 3.86mg (21.45%), Vitamin B6: 0.36mg (17.93%), Zinc: 2.6mg (17.3%), Magnesium: 60.15mg (15.04%), Vitamin K: 15.05µg (14.34%), Fiber: 3.56g (14.23%), Copper: 0.24mg (11.78%), Vitamin E: 1.48mg (9.86%), Vitamin B5: 0.79mg (7.92%), Vitamin D: 0.23µg (1.52%)