



Grilled Cheese Italiano

READY IN



20 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter softened
- 8 slices bread
- 2 cups swiss cheese shredded
- 8 slices pancetta thin
- 24 basil fresh
- 8 slices tomatoes ripe () (2 medium)
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground

Equipment

frying pan

Directions

- Heat griddle or 12-inch nonstick skillet over medium heat.
- Spread butter on one side of each bread slice.
- Layer unbuttered side of 4 of the bread slices with 1/4 cup of the cheese, 2 slices of the prosciutto, 6 of the basil leaves and 2 of the tomato slices.
- Sprinkle with salt and pepper. Top each with 1/4 cup of the remaining cheese and remaining bread slice, buttered side up.
- In hot skillet, heat sandwiches 3 to 5 minutes or until cheese is slightly melted and bread is browned. Turn sandwiches over; heat 3 to 5 minutes longer or until cheese is melted and sandwich is golden brown.

Nutrition Facts

 PROTEIN **18.95%**  FAT **59.56%**  CARBS **21.49%**

Properties

Glycemic Index:71.67, Glycemic Load:15.28, Inflammation Score:-8, Nutrition Score:21.023477956005%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 507.05kcal (25.35%), Fat: 33.72g (51.88%), Saturated Fat: 17.78g (111.13%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 23.29g (8.47%), Sugar: 3.9g (4.34%), Cholesterol: 83.36mg (27.78%), Sodium: 673.5mg (29.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Manganese: 1.31mg (65.27%), Calcium: 585.49mg (58.55%), Selenium: 34.04µg (48.62%), Phosphorus: 468.74mg (46.87%), Vitamin B12: 1.73µg (28.81%), Vitamin A: 1295.3IU (25.91%), Zinc: 3.66mg (24.38%), Vitamin B1: 0.29mg (19.37%), Vitamin K: 20.29µg (19.32%), Magnesium: 70.76mg (17.69%), Vitamin B3: 3.51mg (17.52%), Vitamin B2: 0.29mg (16.79%), Fiber: 4.08g (16.31%), Vitamin B6: 0.25mg (12.45%), Copper: 0.2mg (10.08%), Iron: 1.81mg (10.04%), Potassium: 349.29mg (9.98%), Folate: 38.45µg (9.61%), Vitamin C: 7.83mg (9.49%), Vitamin E: 1.25mg (8.34%), Vitamin B5: 0.77mg (7.71%)