



## Grilled Cheese Margherita

READY IN



15 min.

SERVINGS



1

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tsp butter softened
- 2 small basil leaves fresh thinly sliced
- 1 singles kraft
- 2 Tbsp low-moisture part-skim mozzarella cheese shredded kraft
- 2 slices sourdough bread
- 2 slices tomatoes thin

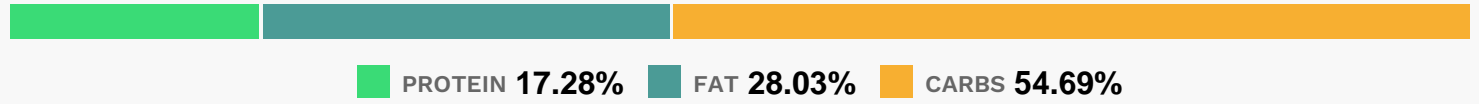
### Equipment

- frying pan

## Directions

- Fill bread slices with next 4 ingredients.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:188.5, Glycemic Load:51.24, Inflammation Score:-7, Nutrition Score:19.232173797877%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 492.85kcal (24.64%), Fat: 15.39g (23.68%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 67.55g (22.52%), Net Carbohydrates: 64.7g (23.53%), Sugar: 6.37g (7.08%), Cholesterol: 19.08mg (6.36%), Sodium: 1055.29mg (45.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.7%), Vitamin B1: 0.92mg (61.07%), Selenium: 40.87µg (58.38%), Folate: 161.04µg (40.26%), Vitamin B2: 0.64mg (37.85%), Manganese: 0.69mg (34.26%), Vitamin B3: 6.22mg (31.11%), Calcium: 309.28mg (30.93%), Phosphorus: 283.58mg (28.36%), Iron: 5.1mg (28.34%), Zinc: 2.18mg (14.55%), Magnesium: 48.77mg (12.19%), Fiber: 2.85g (11.42%), Vitamin A: 558.94IU (11.18%), Copper: 0.21mg (10.31%), Vitamin B6: 0.16mg (8.07%), Potassium: 188mg (5.37%), Vitamin K: 4.85µg (4.62%), Vitamin B5: 0.46mg (4.62%), Vitamin B12: 0.25µg (4.2%), Vitamin E: 0.62mg (4.13%)