



Grilled Cheese, Pickle and Vidalia Onion Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter softened
- 1 dill pickles sliced
- 2 slices sharp cheddar cheese
- 2 slices onion sweet thin
- 2 slices bread whole wheat

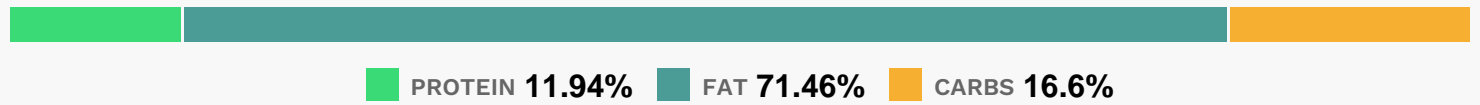
Equipment

- frying pan

Directions

- Butter one side of each slice of bread with 1 tablespoon of butter. Melt the remaining tablespoon of butter in a skillet over medium heat.
- Place one bread slice butter-side-down into the skillet, and top with the Cheddar cheese, pickle slices, and onion.
- Place the remaining slice of bread butter-side-up onto the sandwich. Cook until crispy and golden brown on both sides, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:146.7, Glycemic Load:14.86, Inflammation Score:-8, Nutrition Score:19.567391478497%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 688.62kcal (34.43%), Fat: 55.39g (85.22%), Saturated Fat: 32.8g (205.01%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 24.67g (8.97%), Sugar: 4.92g (5.46%), Cholesterol: 146.3mg (48.77%), Sodium: 1415.74mg (61.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.66%), Manganese: 1.25mg (62.65%), Calcium: 537.98mg (53.8%), Selenium: 30.86µg (44.08%), Phosphorus: 403.24mg (40.32%), Vitamin A: 1731.61IU (34.63%), Vitamin B2: 0.4mg (23.34%), Zinc: 3.19mg (21.24%), Vitamin K: 19.66µg (18.72%), Vitamin B1: 0.28mg (18.62%), Fiber: 4.26g (17.05%), Magnesium: 66.15mg (16.54%), Vitamin B3: 2.64mg (13.18%), Folate: 48.18µg (12.05%), Vitamin E: 1.78mg (11.87%), Vitamin B12: 0.67µg (11.08%), Vitamin B6: 0.22mg (10.97%), Iron: 1.75mg (9.74%), Copper: 0.18mg (8.88%), Potassium: 299.32mg (8.55%), Vitamin B5: 0.72mg (7.22%), Vitamin C: 2.71mg (3.28%), Vitamin D: 0.34µg (2.24%)