



Grilled Cheese Sandwich Sticks for One

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup baby carrots
- 0.5 cup grapes green seedless
- 2 milk singles 2% kraft
- 2 slices bread whole wheat

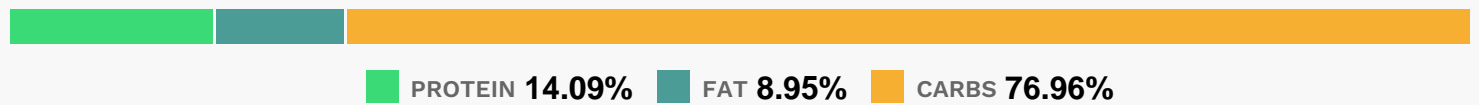
Equipment

- frying pan

Directions

- Fill bread slices with 2% Milk Singles.
- Spray skillet with cooking spray.
- Cook in skillet on medium heat 3 min. on each side or until Singles is melted and sandwich is lightly browned on both sides.
- Cut into sticks.
- Serve with the carrots and grapes.

Nutrition Facts



Properties

Glycemic Index:115.7, Glycemic Load:20.45, Inflammation Score:-10, Nutrition Score:17.570869349915%

Nutrients (% of daily need)

Calories: 217.74kcal (10.89%), Fat: 2.23g (3.43%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 37.28g (13.55%), Sugar: 17.32g (19.24%), Cholesterol: 0.16mg (0.05%), Sodium: 304.37mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Vitamin A: 8879.15IU (177.58%), Manganese: 1.35mg (67.31%), Fiber: 5.9g (23.58%), Selenium: 15.15µg (21.64%), Vitamin K: 21.41µg (20.39%), Vitamin B1: 0.29mg (19.4%), Phosphorus: 153.58mg (15.36%), Vitamin B3: 2.98mg (14.9%), Copper: 0.29mg (14.33%), Magnesium: 55.03mg (13.76%), Vitamin B6: 0.25mg (12.69%), Iron: 2.28mg (12.64%), Potassium: 438.68mg (12.53%), Calcium: 121.71mg (12.17%), Folate: 42.41µg (10.6%), Vitamin B2: 0.17mg (10.15%), Zinc: 1.16mg (7.71%), Vitamin B5: 0.69mg (6.86%), Vitamin C: 4.08mg (4.95%), Vitamin E: 0.45mg (2.98%)