



Grilled Cheese Sandwich with Apple Chutney

READY IN



45 min.

SERVINGS



1

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple chutney
- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature ()
- ☐ 2 slices cheese (cheddar, gruyere, etc.)

Equipment

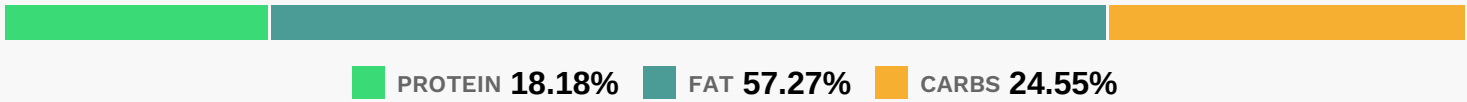
- ☐ grill

Directions

☐

Assemble the sandwich and grill until the bread is golden brown and the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:140.67, Glycemic Load:15.37, Inflammation Score:-6, Nutrition Score:15.904347751452%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 500.48kcal (25.02%), Fat: 32.03g (49.28%), Saturated Fat: 18.18g (113.62%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 27.94g (10.16%), Sugar: 6.49g (7.22%), Cholesterol: 91.7mg (30.57%), Sodium: 755.04mg (32.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.75%), Calcium: 640.73mg (64.07%), Phosphorus: 417.65mg (41.77%), Selenium: 24.39µg (34.84%), Manganese: 0.69mg (34.37%), Zinc: 2.79mg (18.61%), Vitamin B2: 0.31mg (18.22%), Vitamin B1: 0.27mg (17.97%), Vitamin A: 897.83IU (17.96%), Vitamin B3: 3.22mg (16.11%), Vitamin B12: 0.92µg (15.33%), Folate: 54.51µg (13.63%), Iron: 2.15mg (11.94%), Fiber: 2.95g (11.8%), Magnesium: 44.88mg (11.22%), Vitamin B5: 0.81mg (8.07%), Vitamin B6: 0.12mg (6%), Vitamin K: 5.89µg (5.61%), Copper: 0.11mg (5.44%), Potassium: 159.32mg (4.55%), Vitamin E: 0.64mg (4.27%), Vitamin D: 0.34µg (2.24%), Vitamin C: 1.47mg (1.78%)