



Grilled Cheese Sandwich with Green Tomato and Jalapeno Jam

READY IN



45 min.

SERVINGS



1

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread
- 1 tablespoon butter room temperature ()
- 2 slices cheese (cheddar, gruyere, etc.)
- 1 tablespoon tomato and jalapeno jam green

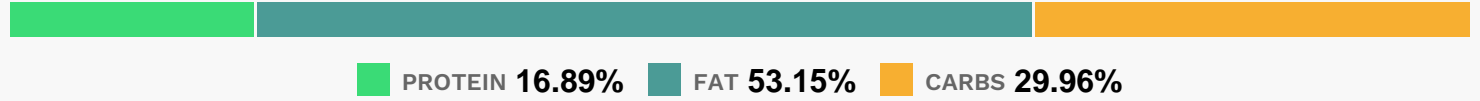
Equipment

- grill

Directions

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

Nutrition Facts



Properties

Glycemic Index:163.67, Glycemic Load:21.75, Inflammation Score:-6, Nutrition Score:15.836956635765%

Nutrients (% of daily need)

Calories: 540.7kcal (27.03%), Fat: 31.99g (49.22%), Saturated Fat: 18.17g (113.58%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 38.13g (13.87%), Sugar: 13.12g (14.58%), Cholesterol: 91.7mg (30.57%), Sodium: 761.14mg (33.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.87g (45.75%), Calcium: 642.96mg (64.3%), Phosphorus: 418.2mg (41.82%), Selenium: 24.79µg (35.41%), Manganese: 0.69mg (34.25%), Vitamin B2: 0.32mg (18.67%), Zinc: 2.79mg (18.61%), Vitamin B1: 0.27mg (17.84%), Vitamin A: 881.86IU (17.64%), Vitamin B3: 3.2mg (16.01%), Vitamin B12: 0.92µg (15.33%), Folate: 55.82µg (13.95%), Iron: 2.21mg (12.29%), Magnesium: 44.2mg (11.05%), Fiber: 2.46g (9.84%), Vitamin B5: 0.79mg (7.93%), Copper: 0.12mg (6.04%), Vitamin B6: 0.11mg (5.6%), Vitamin K: 5.24µg (4.99%), Potassium: 143.08mg (4.09%), Vitamin E: 0.61mg (4.08%), Vitamin C: 1.87mg (2.27%), Vitamin D: 0.34µg (2.24%)