



Grilled Cheese Sandwich with Sauerkraut on Rye

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices cocktail rye bread dark
- ☐ 1 slices several of aged thin
- ☐ 0.3 cup heated sauerkraut drained
- ☐ 2 teaspoons butter

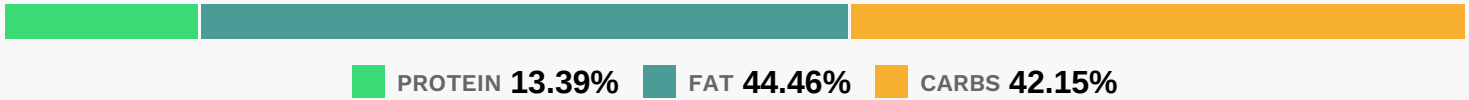
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Butter slices of bread on one side, place butter side down on hot frying pan:
- ☐ Heat a frying pan to medium high heat. For each slice of bread, butter one side and place slice butter side down on the hot pan.
- ☐ Add cheese, sauerkraut, top with cheese-less bread slice:
- ☐ Add a layer of cheese to one of the slices. As the bread begins to toast just slightly, and the cheese begins to soften, spread the heated sauerkraut over the slice of bread with cheese. Using a spatula, flip the cheese-less bread slice over on top of the slice with cheese and sauerkraut.
- ☐ Flip the sandwich in the pan: After 30 sec or so, check to see if the cheese is just beginning to melt. If it is, flip the whole sandwich over onto the other side. Toast a minute more or less on that side until the cheese has melted, but isn't runny.
- ☐ Remove the sandwich from the pan. Slice in half.

Nutrition Facts



Properties

Glycemic Index:161.33, Glycemic Load:14.51, Inflammation Score:-5, Nutrition Score:12.68739130186%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 313.26kcal (15.66%), Fat: 15.56g (23.94%), Saturated Fat: 8.65g (54.07%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 28.1g (10.22%), Sugar: 3.31g (3.68%), Cholesterol: 37.31mg (12.44%), Sodium: 794.54mg (34.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.09%), Selenium: 25.28µg (36.11%), Manganese: 0.6mg (29.98%), Calcium: 214.62mg (21.46%), Folate: 83.59µg (20.9%), Fiber: 5.08g (20.34%), Vitamin B1: 0.29mg (19.34%), Phosphorus: 189.45mg (18.94%), Vitamin B2: 0.28mg (16.45%), Iron: 2.53mg (14.06%), Vitamin B3: 2.51mg (12.57%), Zinc: 1.57mg (10.48%), Magnesium: 37.56mg (9.39%), Vitamin B12: 0.53µg (8.84%), Vitamin C: 7.21mg (8.74%), Copper: 0.17mg (8.62%), Vitamin A: 404IU (8.08%), Vitamin K: 7.86µg (7.49%), Vitamin B6: 0.12mg (6.09%), Potassium: 201.18mg (5.75%), Vitamin B5: 0.41mg (4.1%), Vitamin E: 0.61mg (4.08%)