



Grilled Cheese Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces cheddar cheese thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 8 slices cocktail rye bread (10 oz. total)
- ☐ 6 oz tomatoes cored rinsed thinly sliced

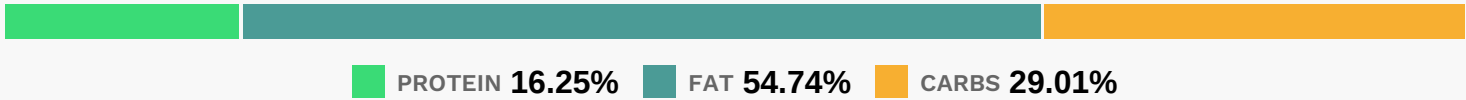
Equipment

- ☐ toothpicks
- ☐ grill

Directions

- ☐ For each sandwich, top a slice of bread with a thin layer of cheese, two tomato slices, a few rings of onion, and more cheese. Top with a second slice of bread.
- ☐ Brush both sides of the sandwich lightly with olive oil, then push two or three toothpicks all the way through the sandwich to secure.
- ☐ Lay sandwiches over medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds); close lid. Cook, turning to prevent bread from scorching (remove toothpicks when turning, if they catch on the grill), until sandwiches are well browned on both sides, with some darker grill marks in spots, and cheese is melted, 8 to 10 minutes total.
- ☐ Serve hot, while cheese is still melted.

Nutrition Facts



Properties

Glycemic Index:7.82, Glycemic Load:4.01, Inflammation Score:-3, Nutrition Score:4.5256521546322%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 124.43kcal (6.22%), Fat: 7.59g (11.68%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.93g (2.88%), Sugar: 1.01g (1.12%), Cholesterol: 15.12mg (5.04%), Sodium: 202.4mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.15%), Selenium: 9.55µg (13.65%), Calcium: 120.51mg (12.05%), Phosphorus: 93.3mg (9.33%), Manganese: 0.16mg (7.75%), Vitamin B2: 0.13mg (7.41%), Folate: 23.65µg (5.91%), Vitamin B1: 0.08mg (5.51%), Zinc: 0.77mg (5.12%), Vitamin A: 247.16IU (4.94%), Fiber: 1.13g (4.5%), Vitamin B3: 0.72mg (3.62%), Vitamin E: 0.5mg (3.33%), Iron: 0.55mg (3.05%), Magnesium: 12.16mg (3.04%), Vitamin B12: 0.16µg (2.67%), Vitamin K: 2.59µg (2.46%), Copper: 0.04mg (2.17%), Vitamin C: 1.62mg (1.97%), Potassium: 66.87mg (1.91%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.48%)