



Grilled Cheese Shooters

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 1 can tomato basil sauce
- ☐ 8 slices sandwich bread white
- ☐ 4 slices processed cheese food
- ☐ 1 serving butter

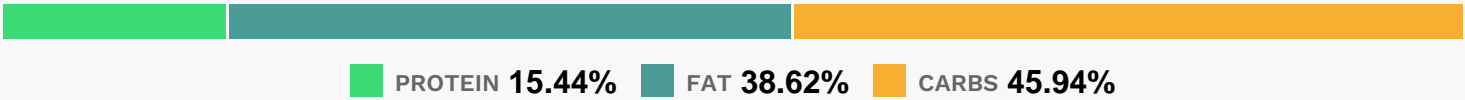
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Heat soup on stovetop until desired temperature.
- ☐ Top each of 4 bread slices with 1 slice of cheese. Cover with remaining bread slices.
- ☐ Spread outside of sandwiches with butter.
- ☐ Heat 12-inch nonstick skillet or griddle over medium heat.
- ☐ Place sandwiches, 2 at a time if necessary, in skillet; cook until toasted and cheese is melted, turning once.
- ☐ Cut off crusts from sandwiches; cut each sandwich diagonally into 4 pieces.
- ☐ Divide soup evenly among 8 small shooter-style glasses.
- ☐ Place 1 sandwich triangle in each glass.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.97, Glycemic Load:8.87, Inflammation Score:-2, Nutrition Score:4.235217369526%

Nutrients (% of daily need)

Calories: 111.03kcal (5.55%), Fat: 4.75g (7.3%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 12.12g (4.41%), Sugar: 1.58g (1.76%), Cholesterol: 11.84mg (3.95%), Sodium: 299.19mg (13.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Calcium: 162.66mg (16.27%), Selenium: 7.93µg (11.32%), Phosphorus: 95.71mg (9.57%), Vitamin B1: 0.13mg (8.56%), Manganese: 0.15mg (7.62%), Folate: 28.61µg (7.15%), Vitamin B3: 1.2mg (5.99%), Iron: 0.91mg (5.04%), Vitamin B2: 0.08mg (4.99%), Zinc: 0.48mg (3.21%), Vitamin B12: 0.16µg (2.64%), Magnesium: 9.49mg (2.37%), Vitamin A: 115.84IU (2.32%), Fiber: 0.58g (2.32%), Copper: 0.04mg (1.79%), Vitamin B5: 0.18mg (1.77%), Vitamin B6: 0.03mg (1.43%), Potassium: 43.66mg (1.25%), Vitamin E: 0.15mg (1.02%)