

Grilled Cheese Shooters

READY IN



15 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 4 slices processed cheese food
- ☐ 8 servings butter
- ☐ 1 can all natural tomato soup
- ☐ 8 slices sandwich bread white

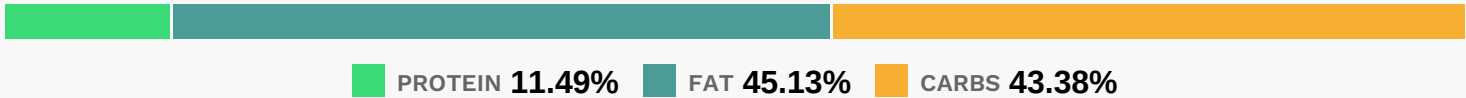
Equipment

- ☐ 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:23.53, Glycemic Load:10.77, Inflammation Score:-4, Nutrition Score:5.798695679592%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 166.56kcal (8.33%), Fat: 8.45g (13%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 17.31g (6.29%), Sugar: 4.6g (5.11%), Cholesterol: 21.25mg (7.08%), Sodium: 465.4mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Calcium: 168.45mg (16.85%), Selenium: 9.07µg (12.96%), Phosphorus: 108.15mg (10.81%), Manganese: 0.2mg (10.15%), Vitamin B1: 0.14mg (9.6%), Vitamin B3: 1.52mg (7.58%), Vitamin A: 368.48IU (7.37%), Folate: 28.74µg (7.18%), Potassium: 250.85mg (7.17%), Iron: 1.12mg (6.24%), Vitamin C: 4.74mg (5.75%), Vitamin B2: 0.09mg (5.4%), Fiber: 0.98g (3.92%), Zinc: 0.55mg (3.68%), Magnesium: 14.73mg (3.68%), Vitamin B6: 0.06mg (3.02%), Vitamin B12: 0.17µg (2.77%), Copper: 0.05mg (2.71%), Vitamin E: 0.38mg (2.53%), Vitamin B5: 0.18mg (1.82%), Vitamin K: 1.85µg (1.76%)