



## Grilled Cheese-Tomato Soup

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 19 oz tomato basil sauce canned
- 3 oz monterrey jack cheese (individual size)
- 0.5 cup croutons divided

### Equipment

### Directions

- Heat soup as directed on can.

For each serving, pour warm soup into small insulated bottle. Pack in lunch bag with cheese cubes, croutons and plastic spoon.

At lunch time, add cheese cubes and croutons to soup.

## Nutrition Facts

**PROTEIN 16.6%** **FAT 47.46%** **CARBS 35.94%**

### Properties

Glycemic Index:49.5, Glycemic Load:3.77, Inflammation Score:-8, Nutrition Score:10.9221739458%

### Nutrients (% of daily need)

Calories: 383.05kcal (19.15%), Fat: 19.84g (30.53%), Saturated Fat: 9.27g (57.95%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 24.81g (9.02%), Sugar: 19.6g (21.78%), Cholesterol: 37.85mg (12.62%), Sodium: 1320.14mg (57.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Calcium: 409.11mg (40.91%), Vitamin A: 1942.93IU (38.86%), Fiber: 9g (36%), Potassium: 905.57mg (25.87%), Phosphorus: 197.43mg (19.74%), Vitamin C: 12.93mg (15.67%), Selenium: 8.98µg (12.83%), Iron: 2.17mg (12.08%), Vitamin B2: 0.19mg (10.96%), Zinc: 1.34mg (8.95%), Vitamin B12: 0.35µg (5.88%), Folate: 17.55µg (4.39%), Vitamin B1: 0.05mg (3.54%), Magnesium: 13.81mg (3.45%), Vitamin B3: 0.45mg (2.24%), Manganese: 0.04mg (2.11%), Vitamin B6: 0.04mg (1.78%), Vitamin D: 0.26µg (1.7%), Copper: 0.03mg (1.29%), Vitamin B5: 0.12mg (1.21%), Vitamin K: 1.06µg (1.01%)