



Grilled Cheese-Tomato Soup

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 oz monterrey jack cheese (individual size)
- 0.5 cup croutons divided
- 19 oz all natural tomato soup canned

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 16.08% **FAT 34.57%** **CARBS 49.35%**

Properties

Glycemic Index:67.75, Glycemic Load:17.65, Inflammation Score:-8, Nutrition Score:15.769130572029%

Flavonoids

Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 366.89kcal (18.34%), Fat: 14.56g (22.41%), Saturated Fat: 8.55g (53.41%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 43.45g (15.8%), Sugar: 22.38g (24.86%), Cholesterol: 37.85mg (12.62%), Sodium: 1322.83mg (57.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.49%), Potassium: 1557.33mg (44.5%), Vitamin C: 34.74mg (42.11%), Calcium: 357.94mg (35.79%), Phosphorus: 280.92mg (28.09%), Vitamin A: 1382.75IU (27.65%), Selenium: 17.06µg (24.37%), Manganese: 0.41mg (20.69%), Vitamin B3: 2.76mg (13.79%), Fiber: 3.35g (13.38%), Vitamin B6: 0.27mg (13.36%), Vitamin B2: 0.23mg (13.33%), Magnesium: 51.51mg (12.88%), Iron: 2.2mg (12.23%), Zinc: 1.83mg (12.18%), Vitamin B1: 0.17mg (11.08%), Vitamin K: 9.68µg (9.22%), Copper: 0.16mg (8.02%), Vitamin E: 1.03mg (6.84%), Vitamin B12: 0.35µg (5.88%), Folate: 17.55µg (4.39%), Vitamin D: 0.26µg (1.7%), Vitamin B5: 0.12mg (1.21%)