



Grilled Cheese with Artichokes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 ounce nonfat american cheese
- 1 cup artichoke hearts canned drained sliced
- 2 teaspoons dijon mustard
- 2 tablespoons oil-free dressing italian
- 8 ounce sandwich rolls split toasted
- 8 slices tomatoes (1/4-inch-thick)

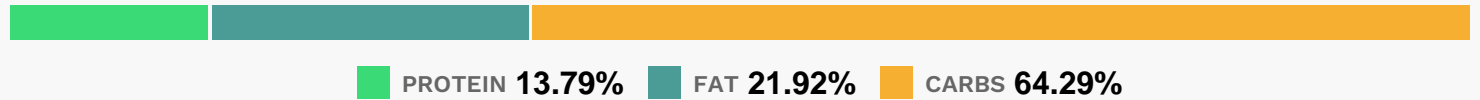
Equipment

- baking sheet

Directions

- Spread 1/2 teaspoon mustard on top half of each roll; set aside.
- Place bottom halves of rolls on a baking sheet. Top each with 2 cheese slices, 1/4 cup sliced artichoke, and 2 tomato slices; drizzle each with 1 1/2 teaspoons dressing. Broil 2 minutes or until cheese melts. Cover with tops of rolls.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:9.9147826102765%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 244.42kcal (12.22%), Fat: 5.8g (8.92%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 34.15g (12.42%), Sugar: 4.35g (4.84%), Cholesterol: 5.32mg (1.77%), Sodium: 985.28mg (42.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Selenium: 24.23µg (34.62%), Vitamin B1: 0.3mg (19.86%), Manganese: 0.34mg (16.86%), Fiber: 4.1g (16.38%), Folate: 62.56µg (15.64%), Vitamin B3: 2.75mg (13.76%), Vitamin B2: 0.21mg (12.64%), Calcium: 117.3mg (11.73%), Iron: 2.1mg (11.65%), Phosphorus: 107.48mg (10.75%), Vitamin A: 504.35IU (10.09%), Vitamin C: 7.44mg (9.01%), Vitamin K: 8.7µg (8.29%), Copper: 0.13mg (6.5%), Magnesium: 24.18mg (6.05%), Potassium: 205.86mg (5.88%), Zinc: 0.78mg (5.19%), Vitamin E: 0.73mg (4.9%), Vitamin B6: 0.07mg (3.61%), Vitamin B5: 0.31mg (3.09%), Vitamin B12: 0.08µg (1.33%)