



## Grilled Cheese with Strawberry Jam

 Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp butter softened
- 1 deli deluxe process american cheese kraft
- 1 Tbsp strawberry jam
- 2 slices bread whole wheat

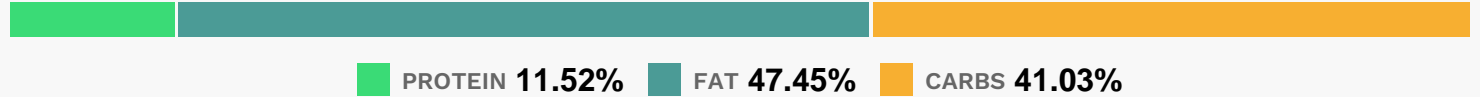
### Equipment

- waffle iron

## Directions

- Heat waffle iron.
- Spread 1 bread slice with jam; cover with cheese and remaining bread slice.
- Spread outside of sandwich with butter.
- Cook in waffle iron 3 min. or until cheese is melted and sandwich is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:18.96, Glycemic Load:2.77, Inflammation Score:-1, Nutrition Score:1.6008695655543%

## Nutrients (% of daily need)

Calories: 47.05kcal (2.35%), Fat: 2.49g (3.84%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.4g (1.6%), Sugar: 1.58g (1.76%), Cholesterol: 2.63mg (0.88%), Sodium: 92.67mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Manganese: 0.15mg (7.58%), Calcium: 39.87mg (3.99%), Selenium: 2.39µg (3.41%), Phosphorus: 32.54mg (3.25%), Vitamin B1: 0.03mg (1.89%), Fiber: 0.45g (1.79%), Vitamin A: 87.61IU (1.75%), Vitamin B3: 0.31mg (1.57%), Magnesium: 6.22mg (1.56%), Zinc: 0.19mg (1.27%), Vitamin B2: 0.02mg (1.19%), Iron: 0.21mg (1.16%)