



Grilled Cheese with Tomato

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter softened
- 0.3 teaspoon basil dried
- 2 slices bread crumbs italian
- 0.3 teaspoon oregano dried
- 0.3 cup part-skim mozzarella cheese shredded
- 2 slices tomatoes

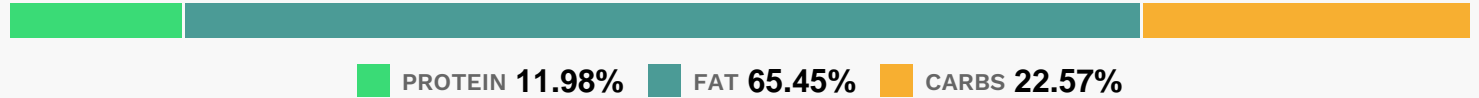
Equipment

- frying pan

Directions

- Spread butter on one side of each slice of bread.
- Place one slice, butter side down, in a skillet; top with half of the cheese.
- Layer with tomato and remaining cheese; sprinkle with oregano and basil. Top with remaining bread, butter side up. Cook over medium heat until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:8.7791305210279%

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: 430.03kcal (21.5%), Fat: 31.56g (48.55%), Saturated Fat: 18.68g (116.75%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 22.13g (8.05%), Sugar: 14.24g (15.82%), Cholesterol: 53.99mg (18%), Sodium: 472.53mg (20.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.99%), Calcium: 314.29mg (31.43%), Phosphorus: 205.4mg (20.54%), Vitamin A: 989.62IU (19.79%), Vitamin K: 13.24µg (12.61%), Vitamin B3: 2.2mg (11.01%), Vitamin B2: 0.17mg (9.99%), Folate: 39.04µg (9.76%), Fiber: 2.35g (9.42%), Vitamin C: 7.41mg (8.98%), Zinc: 1.25mg (8.31%), Iron: 1.48mg (8.22%), Selenium: 5.55µg (7.92%), Potassium: 262.38mg (7.5%), Magnesium: 24.73mg (6.18%), Manganese: 0.11mg (5.74%), Vitamin B1: 0.08mg (5.63%), Vitamin B12: 0.33µg (5.5%), Vitamin E: 0.79mg (5.24%), Vitamin B6: 0.08mg (3.92%), Copper: 0.05mg (2.48%)