



Grilled Cheese with Tomato, Peppers and Basil

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ounce bread
- 2 tablespoons butter
- 4 slices cheddar cheese
- 2 teaspoons basil dried
- 4 servings salt and pepper to taste
- 2 serrano peppers seeded thinly sliced
- 1 large tomatoes sliced

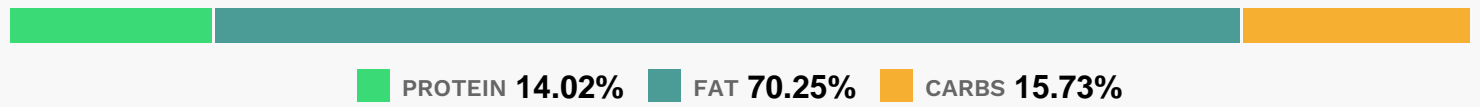
Equipment

- frying pan
- grill

Directions

- Butter one side of each slice of bread, and place 4 of the slices butter-side down on a griddle over medium heat.
- On each piece of bread, place one slice of cheese, 1 slice of tomato, and a few slices of serrano pepper.
- Sprinkle dried basil and salt and pepper to taste. Top each sandwich with a slice of buttered bread, butter-side up.
- Grill sandwiches until golden brown, about 2 to 3 minutes each side.

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:2.39, Inflammation Score:-5, Nutrition Score:6.1230434360711%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 149.28kcal (7.46%), Fat: 11.9g (18.31%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 6g (2%), Net Carbohydrates: 4.87g (1.77%), Sugar: 1.79g (1.99%), Cholesterol: 32.05mg (10.68%), Sodium: 386.46mg (16.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Vitamin A: 756.26IU (15.13%), Calcium: 146.93mg (14.69%), Vitamin K: 13.77µg (13.11%), Phosphorus: 102.17mg (10.22%), Selenium: 6.95µg (9.93%), Manganese: 0.19mg (9.66%), Vitamin C: 7.6mg (9.21%), Vitamin B2: 0.11mg (6.61%), Zinc: 0.83mg (5.5%), Iron: 0.88mg (4.91%), Folate: 18.87µg (4.72%), Fiber: 1.13g (4.52%), Potassium: 154.94mg (4.43%), Magnesium: 16.86mg (4.22%), Vitamin E: 0.62mg (4.16%), Vitamin B6: 0.08mg (3.9%), Vitamin B3: 0.75mg (3.74%), Vitamin B1: 0.05mg (3.55%), Vitamin B12: 0.19µg (3.2%), Copper: 0.06mg (2.87%), Vitamin B5: 0.19mg (1.87%)