



Grilled Double Cheese and Tomato Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon butter
- ☐ 1.4 ounce fontina
- ☐ 4 teaspoons dijon honey mustard
- ☐ 4.4 ounce seven-grain bread
- ☐ 1.4 ounce sharp cheddar cheese fat-free
- ☐ 12 ounces tomatoes

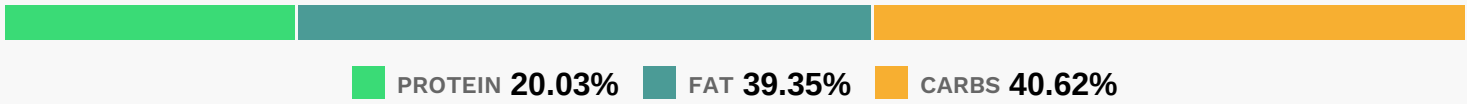
Equipment

☐ frying pan

Directions

- ☐ Spread 1 teaspoon mustard on each of 4 bread slices; top each of 2 bread slices with 1 Cheddar cheese slice, 2 tomato slices, and 1 fontina cheese slice. Top with remaining bread slices.
- ☐ Melt butter in a large nonstick skillet over medium heat. Lightly coat both sides of sandwiches with cooking spray.
- ☐ Place sandwiches in pan; cook 3 to 4 minutes on each side or until golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:105.85, Glycemic Load:18.08, Inflammation Score:-9, Nutrition Score:20.873913075613%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 376.16kcal (18.81%), Fat: 16.49g (25.36%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 32.51g (11.82%), Sugar: 9.6g (10.66%), Cholesterol: 45.55mg (15.18%), Sodium: 635.74mg (27.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.77%), Manganese: 1.53mg (76.51%), Calcium: 368.42mg (36.84%), Vitamin A: 1830.04IU (36.6%), Selenium: 24.6µg (35.14%), Phosphorus: 332.9mg (33.29%), Vitamin C: 23.3mg (28.25%), Fiber: 5.78g (23.13%), Vitamin B1: 0.32mg (21.12%), Vitamin B3: 3.81mg (19.07%), Zinc: 2.81mg (18.74%), Magnesium: 74.9mg (18.72%), Vitamin K: 19.38µg (18.46%), Potassium: 587.33mg (16.78%), Vitamin B2: 0.26mg (15.55%), Vitamin B6: 0.3mg (15.05%), Folate: 57.11µg (14.28%), Copper: 0.25mg (12.64%), Iron: 2.13mg (11.85%), Vitamin E: 1.49mg (9.91%), Vitamin B12: 0.55µg (9.1%), Vitamin B5: 0.75mg (7.48%), Vitamin D: 0.24µg (1.59%)