



Grilled Goat Cheese and Mango Chutney Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 ounces goat cheese to taste
- ☐ 1.5 tablespoons mango chutney to taste such as Patak's®
- ☐ 2 slices sourdough bread

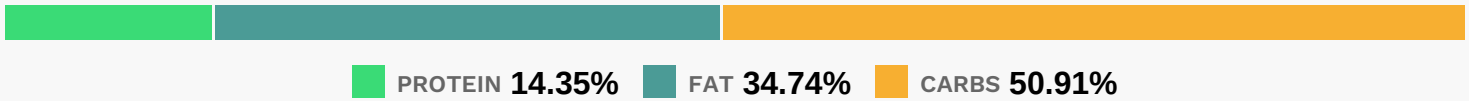
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Spread goat cheese onto one side of one slice of bread and mango chutney on one side of the other slice of bread. Sandwich bread slices together around the goat cheese and chutney.
- ☐ Melt the butter in a small skillet over medium-low heat. Cook sandwich in melted butter, pressing with the back of a spatula occasionally to assure the cheese melts, until the bread is golden brown, 2 to 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:185.5, Glycemic Load:62.4, Inflammation Score:-8, Nutrition Score:21.178260937981%

Nutrients (% of daily need)

Calories: 681.63kcal (34.08%), Fat: 26.42g (40.65%), Saturated Fat: 16.14g (100.88%), Carbohydrates: 87.11g (29.04%), Net Carbohydrates: 83.96g (30.53%), Sugar: 20.98g (23.31%), Cholesterol: 56.18mg (18.73%), Sodium: 1078.83mg (46.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.11%), Vitamin B1: 0.95mg (63.6%), Selenium: 38.94µg (55.62%), Vitamin B2: 0.79mg (46.45%), Folate: 167.96µg (41.99%), Manganese: 0.74mg (36.97%), Iron: 6.23mg (34.62%), Vitamin B3: 6.43mg (32.15%), Copper: 0.64mg (31.98%), Phosphorus: 288.61mg (28.86%), Vitamin A: 935.56IU (18.71%), Calcium: 155.3mg (15.53%), Vitamin B6: 0.29mg (14.26%), Magnesium: 51.51mg (12.88%), Fiber: 3.15g (12.58%), Zinc: 1.88mg (12.56%), Vitamin B5: 0.83mg (8.34%), Potassium: 190.96mg (5.46%), Vitamin E: 0.73mg (4.88%), Vitamin C: 2.64mg (3.2%), Vitamin K: 2.9µg (2.76%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.23µg (1.51%)