



Grilled Jam and Cheese Sandwich

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cream cheese
- 0.3 cup strawberry jam
- 2 tablespoons butter unsalted at room temperature ()

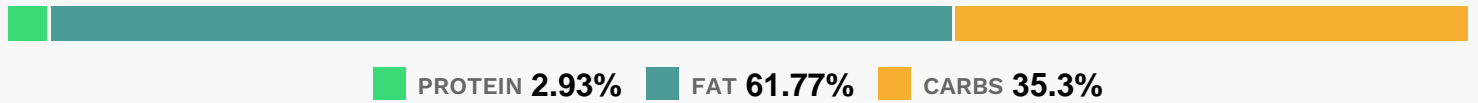
Equipment

- frying pan

Directions

- Place the bread slices on a work surface. Equally divide and spread the cream cheese on 2 of the bread slices. Equally divide and spread the strawberry jam on the remaining 2 bread slices. Close the sandwiches so that each sandwich has cream cheese and jam; set aside. Melt 1 tablespoon of the butter in a large frying pan over medium heat until foaming. Meanwhile, evenly divide and spread the remaining tablespoon of butter on the tops of the sandwiches.
- Place the sandwiches in the pan butter-side up. Cook until the bottoms are golden brown, about 4 minutes. Flip the sandwiches and cook until the other sides are golden brown and the filling is warmed through, about 4 minutes more.
- Transfer to plates and serve.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:16.41, Inflammation Score:-5, Nutrition Score:3.2308695951234%

Nutrients (% of daily need)

Calories: 350.95kcal (17.55%), Fat: 24.4g (37.54%), Saturated Fat: 14.84g (92.74%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 30.91g (11.24%), Sugar: 22.04g (24.49%), Cholesterol: 68.31mg (22.77%), Sodium: 133.94mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Vitamin A: 857.96IU (17.16%), Vitamin B2: 0.12mg (7.3%), Selenium: 4.24µg (6.06%), Phosphorus: 51.92mg (5.19%), Calcium: 48.56mg (4.86%), Vitamin E: 0.7mg (4.67%), Vitamin C: 3.74mg (4.53%), Copper: 0.05mg (2.58%), Potassium: 86.03mg (2.46%), Vitamin B5: 0.24mg (2.4%), Folate: 8.5µg (2.13%), Fiber: 0.47g (1.87%), Vitamin B12: 0.11µg (1.78%), Vitamin K: 1.77µg (1.69%), Zinc: 0.23mg (1.52%), Vitamin B6: 0.03mg (1.51%), Vitamin D: 0.21µg (1.4%), Iron: 0.25mg (1.4%), Magnesium: 5.39mg (1.35%), Manganese: 0.02mg (1.09%), Vitamin B1: 0.02mg (1.08%)