



Grilled Jam and Cheese Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

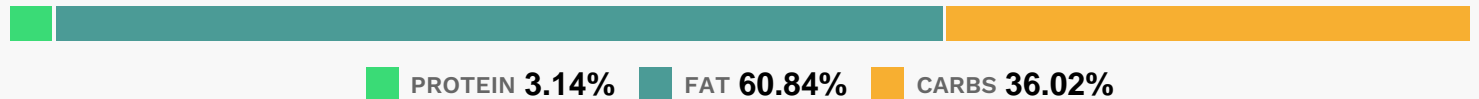
Equipment

- 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:78.39, Glycemic Load:17.3, Inflammation Score:-5, Nutrition Score:3.5117391192395%

Nutrients (% of daily need)

Calories: 357.8kcal (17.89%), Fat: 24.49g (37.68%), Saturated Fat: 14.86g (92.87%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 32.1g (11.67%), Sugar: 22.18g (24.64%), Cholesterol: 68.31mg (22.77%), Sodium: 146.05mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Vitamin A: 857.99IU (17.16%), Vitamin B2: 0.13mg (7.66%), Selenium: 4.83µg (6.9%), Phosphorus: 54.79mg (5.48%), Calcium: 53.92mg (5.39%), Vitamin E: 0.71mg (4.71%), Vitamin C: 3.74mg (4.53%), Folate: 11.32µg (2.83%), Copper: 0.05mg (2.73%), Potassium: 89mg (2.54%), Vitamin B5: 0.25mg (2.53%), Fiber: 0.53g (2.1%), Vitamin B1: 0.03mg (1.94%), Iron: 0.34mg (1.88%), Manganese: 0.04mg (1.84%), Vitamin B12: 0.11µg (1.78%), Vitamin K: 1.78µg (1.69%), Zinc: 0.25mg (1.66%), Vitamin B6: 0.03mg (1.62%), Magnesium: 6.07mg (1.52%), Vitamin D: 0.21µg (1.4%)