



Grilled Swiss and Egg Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 8 slices bread whole-wheat
- ☐ 4 tablespoons dijon mustard
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 4 hard-cooked eggs sliced
- ☐ 8 sandwich swiss cheese
- ☐ 2 tablespoons butter unsalted softened

Equipment

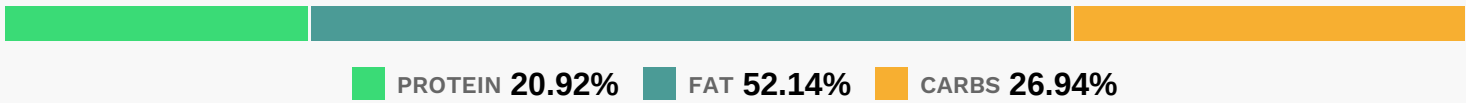
- ☐ frying pan

☐ grill

Directions

- ☐ Spread 4 slices of the bread with the mustard, then top with the cheese, hard-cooked egg slices, some thyme, and the remaining 4 slices of bread.
- ☐ Spread the top slice of each sandwich with a little of the butter.
- ☐ Heat a nonstick skillet over medium heat and add the remaining butter. When the butter is melted, place the sandwiches in the skillet, buttered-side up. Grill the sandwiches 5 minutes, turn, then cook 5 minutes more or until the cheese melts.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:14.49, Inflammation Score:-7, Nutrition Score:18.3013045425%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 424.4kcal (21.22%), Fat: 24.57g (37.81%), Saturated Fat: 11.85g (74.05%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 25.62g (9.31%), Sugar: 3.99g (4.43%), Cholesterol: 233.17mg (77.72%), Sodium: 555.59mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.19g (44.37%), Selenium: 46.93µg (67.05%), Calcium: 410.76mg (41.08%), Manganese: 0.75mg (37.68%), Phosphorus: 371.81mg (37.18%), Vitamin B2: 0.52mg (30.31%), Vitamin B12: 1.59µg (26.56%), Vitamin B1: 0.3mg (19.72%), Folate: 74.14µg (18.54%), Zinc: 2.7mg (18.03%), Iron: 2.98mg (16.57%), Vitamin B3: 3.28mg (16.4%), Vitamin A: 752.66IU (15.05%), Vitamin B5: 1.36mg (13.59%), Magnesium: 47.32mg (11.83%), Fiber: 2.95g (11.82%), Vitamin D: 1.21µg (8.03%), Vitamin B6: 0.16mg (7.94%), Vitamin E: 1.04mg (6.94%), Copper: 0.12mg (6.02%), Potassium: 193.32mg (5.52%), Vitamin K: 4.09µg (3.89%), Vitamin C: 0.97mg (1.18%)