



Grilled Three-Cheese Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 tablespoon green onions finely chopped
- ☐ 1 ounce multigrain bread low-carb
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 2 ounces swiss cheese shredded reduced-fat
- ☐ 2 tablespoons yogurt-based spread (such as Brummel & Brown)

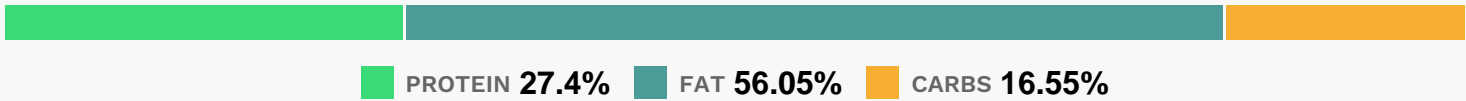
Equipment

☐ frying pan

Directions

- ☐ Preheat griddle.
- ☐ Combine first 5 ingredients; stir well.
- ☐ Spread cheese mixture evenly over 4 bread slices. Top with remaining bread slices.
- ☐ Spread tops of sandwiches evenly with half of yogurt-based spread.
- ☐ Place sandwiches, spread side down, on a medium-hot griddle (325). Cook 5 minutes or until bottom bread slices are lightly browned.
- ☐ Spread remaining yogurt-based spread on tops of sandwiches; turn sandwiches. Cook 5 minutes or until bottom bread slices are lightly browned and cheese melts.
- ☐ Note: These sandwiches were analyzed with a multigrain bread that has 7 grams of carbohydrate and 4 grams of fiber per 1-ounce slice.
- ☐ carbo rating: 9

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:2.13, Inflammation Score:-3, Nutrition Score:6.8847825125508%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 169.95kcal (8.5%), Fat: 10.58g (16.28%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 6.29g (2.29%), Sugar: 2.61g (2.9%), Cholesterol: 32.37mg (10.79%), Sodium: 434.42mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.27%), Calcium: 336.88mg (33.69%), Phosphorus: 231.34mg (23.13%), Selenium: 9.97µg (14.24%), Vitamin B2: 0.2mg (11.58%), Zinc: 1.65mg (10.98%), Vitamin B12: 0.6µg (9.97%), Manganese: 0.16mg (8%), Vitamin K: 8µg (7.61%), Vitamin A: 296.8IU (5.94%), Magnesium: 19.44mg (4.86%), Vitamin B5: 0.39mg (3.92%), Folate: 13.57µg (3.39%), Vitamin B6: 0.06mg (3.2%), Potassium: 107.37mg (3.07%), Fiber: 0.74g (2.95%), Vitamin B1: 0.04mg (2.83%), Vitamin B3: 0.49mg (2.47%), Iron: 0.32mg (1.76%), Copper: 0.04mg (1.76%), Vitamin E: 0.21mg (1.4%), Vitamin D: 0.18µg (1.2%)