



Grown Up Grilled Cheese Sandwich

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices processed cheese food white
- ☐ 2 tablespoons butter divided
- ☐ 2 tablespoons basil fresh chopped
- ☐ 4 ounces mozzarella cheese fresh thinly sliced
- ☐ 1 pinch garlic salt to taste
- ☐ 2 slices provolone cheese
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 slices tomatoes thin

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4 slices bread whole wheat

Equipment

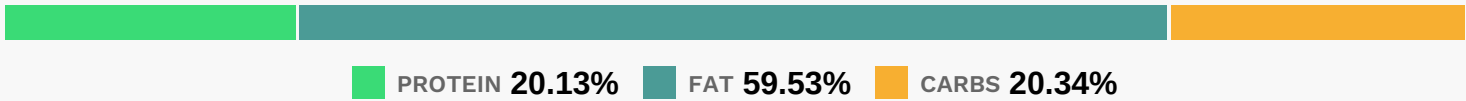
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frying pan

Directions

- ☐
- Preheat skillet on medium heat.
- ☐
- Spread 1/2 tablespoon butter onto one side of each slice of bread to cover evenly. With buttered sides of the bread facing out, layer 1 slice American cheese, 2 slices tomato, and 2 slices avocado onto each of 2 of the bread slices.
- ☐
- Sprinkle about half the basil, red pepper flakes, and garlic salt atop the avocado layer. Finish by topping each with half the mozzarella and 1 slice provolone. Top each with 1 of the remaining bread slices with the buttered side facing out.
- ☐
- Cook in hot skillet until bread is golden brown and cheese is melted, 3 to 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:154.35, Glycemic Load:15.71, Inflammation Score:-8, Nutrition Score:23.453043367552%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 570.32kcal (28.52%), Fat: 38.01g (58.47%), Saturated Fat: 22.14g (138.4%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 24.83g (9.03%), Sugar: 5.14g (5.71%), Cholesterol: 109mg (36.33%), Sodium: 1225.12mg (53.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.92g (57.84%), Calcium: 756.31mg (75.63%), Manganese: 1.32mg (66.23%), Phosphorus: 568.72mg (56.87%), Selenium: 31.43µg (44.91%), Vitamin A: 1952.3IU (39.05%), Vitamin B12: 1.91µg (31.82%), Zinc: 3.94mg (26.28%), Vitamin B2: 0.39mg (22.91%), Vitamin K: 21.24µg (20.23%), Magnesium: 74.23mg (18.56%), Vitamin B1: 0.27mg (17.77%), Fiber: 4.39g (17.55%), Vitamin B3: 3.05mg (15.23%), Iron: 2.3mg (12.77%), Vitamin B6: 0.23mg (11.74%), Potassium: 393.78mg (11.25%), Vitamin E: 1.64mg (10.9%), Folate: 41.23µg (10.31%), Copper: 0.2mg (9.85%), Vitamin C: 7.76mg (9.41%), Vitamin B5: 0.72mg (7.16%),

Vitamin D: 0.45µg (2.99%)