



Gruyère-Thyme Grilled Cheese Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 3 ounces gruyère cheese
- ☐ 5 ounces bread italian ()

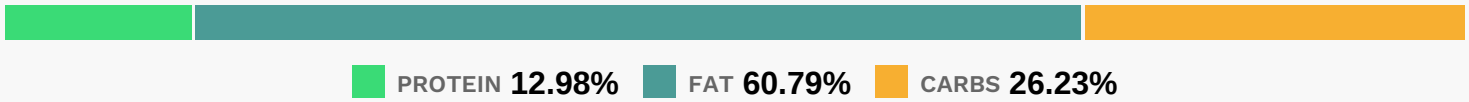
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a bowl.
- ☐ Spread filling on 4 bread slices; top with remaining bread slices.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat tops of sandwiches with cooking spray. Arrange sandwiches, top side down, in pan. Coat sandwiches with cooking spray. Cook 2 to 3 minutes on each side or until cheese melts and bread is golden brown.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:4.7308695666168%

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: 287.89kcal (14.39%), Fat: 19.47g (29.96%), Saturated Fat: 10.83g (67.71%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 17.46g (6.35%), Sugar: 11.06g (12.29%), Cholesterol: 23.39mg (7.8%), Sodium: 310.85mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Calcium: 218.9mg (21.89%), Phosphorus: 145.18mg (14.52%), Vitamin B3: 1.64mg (8.21%), Folate: 24.87µg (6.22%), Zinc: 0.93mg (6.18%), Fiber: 1.45g (5.8%), Vitamin B12: 0.34µg (5.67%), Selenium: 3.94µg (5.63%), Vitamin B2: 0.1mg (5.61%), Iron: 0.92mg (5.11%), Vitamin A: 227.78IU (4.56%), Vitamin B1: 0.07mg (4.5%), Magnesium: 15.89mg (3.97%), Potassium: 102.58mg (2.93%), Manganese: 0.04mg (1.93%), Vitamin B5: 0.13mg (1.31%), Vitamin B6: 0.02mg (1.05%)