



Hot Grilled Cheese

READY IN



45 min.

SERVINGS



1

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 serving butter for the skillet
- ☐ 1 teaspoon dijon mustard
- ☐ 2 ounces gruyère cheese

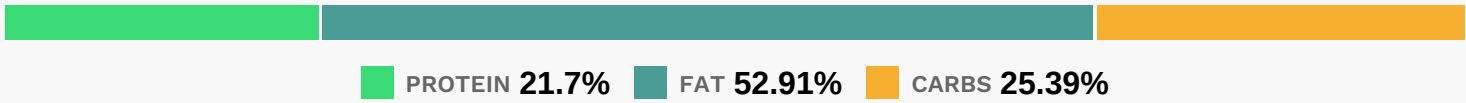
Equipment

- ☐ frying pan

Directions

- ☐
- Spread the Dijon on 1 slice of bread.
- ☐
- Place sliced Gruyre on top and sandwich with another slice of bread. Cook in a skillet with butter.

Nutrition Facts



Properties

Glycemic Index:140.67, Glycemic Load:14.31, Inflammation Score:-6, Nutrition Score:15.560869430718%

Nutrients (% of daily need)

Calories: 426.51kcal (21.33%), Fat: 25.07g (38.58%), Saturated Fat: 13.69g (85.56%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 24.62g (8.95%), Sugar: 3.49g (3.87%), Cholesterol: 73.12mg (24.37%), Sodium: 756.86mg (32.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.29%), Calcium: 647.01mg (64.7%), Phosphorus: 421.87mg (42.19%), Selenium: 26.1µg (37.28%), Manganese: 0.7mg (34.9%), Zinc: 2.83mg (18.87%), Vitamin B1: 0.27mg (18.26%), Vitamin B2: 0.3mg (17.9%), Vitamin B3: 3.22mg (16.1%), Vitamin B12: 0.92µg (15.26%), Folate: 53.77µg (13.44%), Vitamin A: 667.13IU (13.34%), Iron: 2.19mg (12.18%), Magnesium: 45.87mg (11.47%), Fiber: 2.45g (9.82%), Vitamin B5: 0.8mg (7.98%), Vitamin B6: 0.11mg (5.58%), Copper: 0.1mg (5.24%), Vitamin K: 4.7µg (4.48%), Potassium: 133.59mg (3.82%), Vitamin E: 0.4mg (2.66%), Vitamin D: 0.34µg (2.27%)