



Inside-Out Grilled Cheese Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 0.5 cup extra sharp cheddar cheese shredded divided
- ☐ 2 slices bread white

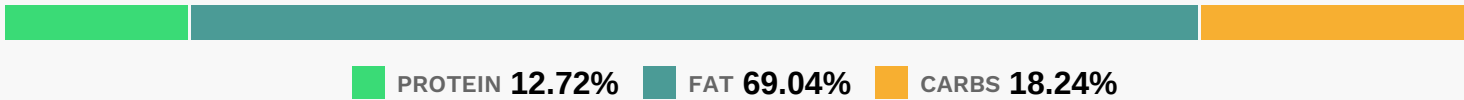
Equipment

- ☐ frying pan

Directions

- ☐ Melt 1 1/2 tablespoons butter in a nonstick skillet over medium-low heat.
- ☐ Place bread slices in the skillet on top of the melted butter.
- ☐ Spread about 1/4 cup Cheddar cheese on one slice of bread; place the other slice of bread, butter-side up, on top of the cheese.
- ☐ Spread about 2 tablespoons of cheese on top of the sandwich.
- ☐ Melt remaining 1/2 tablespoon butter in the skillet next to the sandwich. Flip the sandwich onto the melted butter so that the cheese-side is facing down.
- ☐ Spread remaining cheese on top of the sandwich. Cook sandwich until cheese on the bottom is crispy and caramelized, 3 to 4 minutes. Flip sandwich and cook until cheese is crispy and caramelized on the other side, another 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:151.78, Glycemic Load:17.92, Inflammation Score:-7, Nutrition Score:13.598695630613%

Nutrients (% of daily need)

Calories: 566.28kcal (28.31%), Fat: 43.71g (67.25%), Saturated Fat: 25.65g (160.32%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 24.85g (9.03%), Sugar: 2.87g (3.19%), Cholesterol: 116.7mg (38.9%), Sodium: 788.05mg (34.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.12g (36.24%), Calcium: 511.67mg (51.17%), Selenium: 27.87µg (39.81%), Phosphorus: 321.99mg (32.2%), Vitamin A: 1266.35IU (25.33%), Vitamin B2: 0.38mg (22.28%), Vitamin B1: 0.27mg (18.09%), Folate: 68.21µg (17.05%), Zinc: 2.54mg (16.92%), Manganese: 0.3mg (15.08%), Vitamin B3: 2.42mg (12.11%), Vitamin B12: 0.65µg (10.78%), Iron: 1.78mg (9.87%), Vitamin E: 1.18mg (7.89%), Magnesium: 29.32mg (7.33%), Vitamin B5: 0.53mg (5.32%), Fiber: 1.15g (4.6%), Vitamin B6: 0.09mg (4.29%), Copper: 0.08mg (4.03%), Vitamin K: 3.42µg (3.25%), Potassium: 108.72mg (3.11%), Vitamin D: 0.34µg (2.26%)