



Italian Cheese Bites

READY IN



21 min.

SERVINGS



15

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 16 slices bread italian
- ☐ 15 servings tomatoes
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 16 slices provolone cheese

Equipment

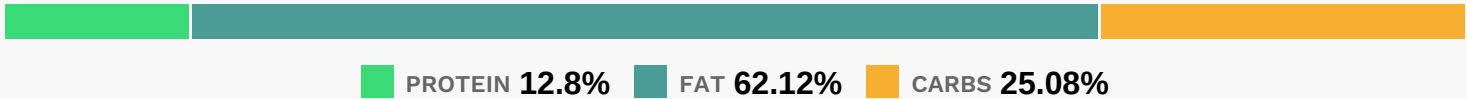
- ☐ frying pan
- ☐ wax paper

☐ spatula

Directions

- ☐ Stir together butter and Parmesan cheese; spread on 1 side of each bread slice.
- ☐ Place 8 bread slices, buttered sides down, on wax paper.
- ☐ Layer 8 bread slices on wax paper each with 2 provolone cheese slices, and top with remaining bread slices, buttered sides up.
- ☐ Cook sandwiches, in batches, on a hot griddle or in a nonstick skillet over medium heat, gently pressing with a spatula, 3 minutes on each side or until golden brown and cheese melts.
- ☐ Cut each sandwich into fourths, and serve with marinara sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:8.8200000913247%

Nutrients (% of daily need)

Calories: 287.86kcal (14.39%), Fat: 20.36g (31.32%), Saturated Fat: 12.02g (75.11%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 15.91g (5.78%), Sugar: 11.07g (12.3%), Cholesterol: 33.15mg (11.05%), Sodium: 914.12mg (39.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.87%), Calcium: 201.65mg (20.16%), Vitamin A: 926.7IU (18.53%), Phosphorus: 164.44mg (16.44%), Vitamin E: 2mg (13.35%), Potassium: 446.04mg (12.74%), Vitamin B3: 2.21mg (11.06%), Vitamin B2: 0.18mg (10.47%), Vitamin C: 8.57mg (10.39%), Fiber: 2.58g (10.34%), Iron: 1.75mg (9.7%), Zinc: 1.12mg (7.45%), Copper: 0.15mg (7.37%), Magnesium: 28.99mg (7.25%), Selenium: 4.92µg (7.02%), Vitamin B6: 0.14mg (6.89%), Manganese: 0.14mg (6.8%), Folate: 26.92µg (6.73%), Vitamin B12: 0.35µg (5.9%), Vitamin B5: 0.49mg (4.94%), Vitamin B1: 0.06mg (4.29%), Vitamin K: 4.46µg (4.25%)