



Italian Grilled Cheese-n-Tomato

 Vegetarian

READY IN



12 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 basil leaves
- ☐ 8 slices top italian
- ☐ 1 pound mozzarella cheese smoked fresh sliced
- ☐ 1 large clove garlic
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tomatoes ripe thinly sliced

Equipment

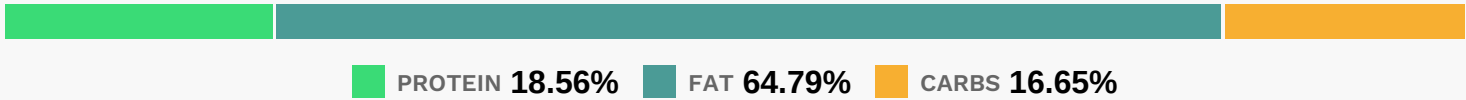
- ☐ frying pan

- ☐ pot
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium low to medium heat.
- ☐ Heat oil and garlic in a small pot over low heat.
- ☐ Brush 4 slices of the bread with garlic oil on 1 side.
- ☐ Place garlic oil side down on the grill. Top with sliced cheese, tomato and basil.
- ☐ Place another slice of bread on top of each sandwich.
- ☐ Brush sandwiches with garlic oil. Press sandwiches with heavy skillet or a brick covered with tin foil. Toast sandwiches on both sides to melt cheese.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:15.7304347183339%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 623.5kcal (31.18%), Fat: 45g (69.23%), Saturated Fat: 23.36g (145.98%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 23.86g (8.68%), Sugar: 15.16g (16.84%), Cholesterol: 89.58mg (29.86%), Sodium: 862.75mg (37.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.99g (57.99%), Calcium: 581.64mg (58.16%), Phosphorus: 432.58mg (43.26%), Vitamin B12: 2.59µg (43.09%), Selenium: 19.39µg (27.7%), Vitamin A: 1321.13IU (26.42%), Zinc: 3.51mg (23.41%), Vitamin B2: 0.37mg (21.77%), Vitamin K: 14.05µg (13.38%), Vitamin B3: 2.3mg (11.48%), Folate: 42.93µg (10.73%), Vitamin C: 8.8mg (10.67%), Potassium: 324.16mg (9.26%), Magnesium: 36.94mg

(9.24%), Vitamin E: 1.33mg (8.88%), Iron: 1.57mg (8.74%), Fiber: 2.17g (8.67%), Vitamin B1: 0.11mg (7.64%), Manganese: 0.13mg (6.29%), Vitamin B6: 0.1mg (5.08%), Vitamin D: 0.45µg (3.02%), Copper: 0.05mg (2.7%), Vitamin B5: 0.22mg (2.21%)