



Italian Grilled Cheese Sandwiches



Vegetarian



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon garlic powder
- ☐ 24 ounce vodka marinara sauce
- ☐ 1 teaspoon oregano dried
- ☐ 8 ounce mozzarella cheese shredded
- ☐ 0.3 cup butter unsalted
- ☐ 12 slices bread white

Equipment

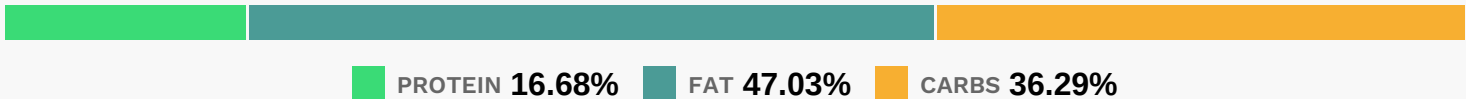
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat your oven's broiler.
- ☐ Place 6 slices of bread onto a baking sheet.
- ☐ Spread a small handful of the mozzarella cheese over each slice. Top with the remaining 6 slices of bread.
- ☐ Mix together the butter and garlic powder, brush some over the tops of the sandwiches, or spread with the back of a tablespoon.
- ☐ Sprinkle with dried oregano.
- ☐ Place baking sheet under the broiler for 2 to 3 minutes, until golden brown.
- ☐ Remove pan from oven, flip sandwiches, and brush the other sides with butter, and sprinkle with oregano. Return to the broiler, and cook until golden, about 2 minutes.
- ☐ Cut sandwiches in half diagonally, and serve immediately with vodka sauce on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:19.71, Inflammation Score:-8, Nutrition Score:14.422608655432%

Nutrients (% of daily need)

Calories: 344.52kcal (17.23%), Fat: 18.27g (28.11%), Saturated Fat: 10.29g (64.33%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 28.73g (10.45%), Sugar: 7.12g (7.91%), Cholesterol: 50.2mg (16.73%), Sodium: 1014.17mg (44.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.15%), Calcium: 319.91mg (31.99%), Selenium: 18.83µg (26.9%), Phosphorus: 223.95mg (22.39%), Manganese: 0.45mg (22.31%), Vitamin A: 989.07IU (19.78%), Vitamin B1: 0.29mg (19.56%), Vitamin B2: 0.31mg (17.98%), Vitamin B3: 3.56mg (17.82%), Folate: 69.45µg (17.36%), Iron: 3.06mg (17.02%), Vitamin B12: 0.88µg (14.63%), Vitamin E: 2.1mg (13.97%), Potassium: 431.24mg (12.32%), Zinc: 1.81mg (12.08%), Fiber: 3g (11.99%), Copper: 0.2mg (10.03%), Magnesium: 39.21mg (9.8%), Vitamin C: 7.95mg (9.63%), Vitamin B6: 0.18mg (8.8%), Vitamin B5: 0.69mg (6.86%), Vitamin K: 6.88µg (6.55%), Vitamin D:

0.29μg (1.95%)