



## Jalapeño Grilled Cheese

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 eggs
- 2 singles kraft
- 3 Tbsp milk
- 4 slices multi-grain bread
- 1 small jalapeño pepper thinly sliced
- 2 big pepper jack cheese kraft
- 0.3 cup pretzels crushed finely
- 4 tsp butter unsalted divided

## Equipment

- frying pan
- whisk

## Directions

- Fill bread slices with next 3 ingredients to make 2 sandwiches.
- Whisk egg and milk in pie plate until blended. Dip sandwiches, 1 at a time, in egg mixture, then in pretzel crumbs, turning to evenly coat both sides of each sandwich with both ingredients.
- Melt 2 tsp. butter in medium skillet on medium heat.
- Add sandwiches; cook 2 min. or until bottoms are golden brown.
- Add remaining butter to skillet; turn sandwiches. Cook 2 min. or until bottoms of sandwiches are golden brown and cheeses are melted.

## Nutrition Facts

 **PROTEIN 15.52%**  **FAT 38.57%**  **CARBS 45.91%**

## Properties

Glycemic Index:16.65, Glycemic Load:3.13, Inflammation Score:-1, Nutrition Score:1.8865217406141%

## Nutrients (% of daily need)

Calories: 42.21kcal (2.11%), Fat: 1.82g (2.8%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.34g (1.58%), Sugar: 0.53g (0.59%), Cholesterol: 14.28mg (4.76%), Sodium: 63.64mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Manganese: 0.19mg (9.28%), Selenium: 3µg (4.28%), Phosphorus: 29.19mg (2.92%), Vitamin B1: 0.04mg (2.65%), Vitamin B2: 0.04mg (2.19%), Vitamin B3: 0.43mg (2.16%), Fiber: 0.53g (2.1%), Calcium: 20.54mg (2.05%), Folate: 7.81µg (1.95%), Iron: 0.33mg (1.84%), Magnesium: 7.15mg (1.79%), Zinc: 0.21mg (1.4%), Vitamin B6: 0.02mg (1.23%), Vitamin A: 58.52IU (1.17%), Vitamin B5: 0.12mg (1.16%), Copper: 0.02mg (1.15%)