



WHATSheATE



Jalapeño Popper Grilled Cheese



Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices cheddar cheese
- ☐ 2 teaspoons ranch seasoning dry (from 1-oz package)
- ☐ 0.5 cup jalapeno dry canned seeded drained sliced
- ☐ 2 tablespoons butter unsalted softened
- ☐ 4 slices sandwich bread white

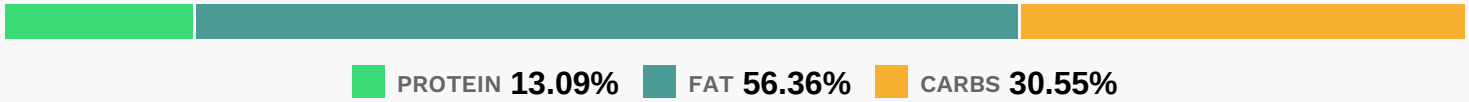
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, stir together cream cheese and dressing mix until well blended. On 1 side of each bread slice, spread butter evenly. On unbuttered side of 2 slices, generously spread cream cheese mixture.
- ☐ On each cream cheese-topped bread slice, layer 1/4 cup jalapeos and 2 slices Cheddar cheese. Top with remaining bread slices, buttered side up.
- ☐ Heat large cast-iron or nonstick skillet over medium heat.
- ☐ Add sandwiches; cook about 5 to 7 minutes, turning once, until cheese is melted and bread is golden brown and crisp. To serve, cut each sandwich in half.

Nutrition Facts



Properties

Glycemic Index:66.89, Glycemic Load:18.03, Inflammation Score:-7, Nutrition Score:13.164782534475%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 397.3kcal (19.87%), Fat: 24.79g (38.14%), Saturated Fat: 14.15g (88.44%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 28.45g (10.35%), Sugar: 3.72g (4.13%), Cholesterol: 64.1mg (21.37%), Sodium: 913.08mg (39.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Calcium: 351.94mg (35.19%), Vitamin C: 26.68mg (32.35%), Selenium: 21.45µg (30.65%), Phosphorus: 221.43mg (22.14%), Vitamin A: 933.59IU (18.67%), Vitamin B1: 0.27mg (18.2%), Folate: 69.14µg (17.28%), Vitamin B2: 0.29mg (17.09%), Manganese: 0.32mg (16.09%), Vitamin B3: 2.69mg (13.46%), Zinc: 1.73mg (11.55%), Vitamin E: 1.5mg (9.97%), Iron: 1.79mg (9.96%), Vitamin B6: 0.16mg (8.21%), Fiber: 1.78g (7.12%), Magnesium: 26.33mg (6.58%), Vitamin B12: 0.38µg (6.4%), Vitamin K: 6.06µg (5.77%), Vitamin B5: 0.49mg (4.95%), Copper: 0.09mg (4.29%), Potassium: 143.84mg (4.11%), Vitamin D: 0.41µg (2.76%)