



## Make-Ahead Grilled Cheese and Salsa

READY IN



20 min.

SERVINGS



2

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 slices bread whole wheat
- ☐ 1.5 oz processed cheese food
- ☐ 1.5 oz muenster cheese
- ☐ 4 teaspoons butter softened
- ☐ 0.3 cup salsa thick

### Equipment

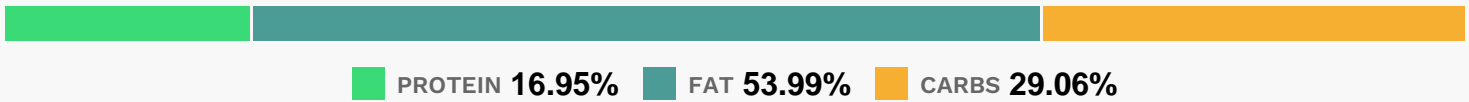
- ☐ frying pan
- ☐ plastic wrap

- ☐ ziploc bags
- ☐ cutting board

## Directions

- ☐ Top 2 slices of the bread with cheese.
- ☐ Place remaining slices of bread over cheese.
- ☐ Spread top of bread slices with half of the margarine.
- ☐ Place sandwiches, margarine side down, in large skillet. Cook over medium heat for 2 to 4 minutes or until golden brown.
- ☐ Spread top of sandwiches with remaining margarine. Turn sandwiches; cook 2 to 4 minutes or until golden brown.
- ☐ Remove sandwiches from skillet; place on cutting board. Cool 5 minutes.
- ☐ Cut sandwiches into strips or triangles. Wrap in plastic wrap or place in food storage plastic bags. Store in refrigerator.
- ☐ Pack cold wrapped sandwiches in 2 lunch bags with ice packs. Divide salsa into 2 small plastic containers with lids.
- ☐ Place in lunch bags.
- ☐ At lunch time, dip sandwiches in salsa.

## Nutrition Facts



## Properties

Glycemic Index:61.85, Glycemic Load:14.76, Inflammation Score:-7, Nutrition Score:16.176521684812%

## Nutrients (% of daily need)

Calories: 383.83kcal (19.19%), Fat: 23.26g (35.78%), Saturated Fat: 9.99g (62.43%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 24.03g (8.74%), Sugar: 4.84g (5.38%), Cholesterol: 41.67mg (13.89%), Sodium: 1119.38mg (48.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.86%), Manganese: 1.25mg (62.75%), Calcium: 481.05mg (48.11%), Phosphorus: 370.68mg (37.07%), Selenium: 22.22µg (31.74%), Vitamin A: 983.48IU (19.67%), Fiber: 4.14g (16.56%), Vitamin B1: 0.24mg (16.07%), Magnesium: 61.19mg (15.3%), Vitamin B3: 3.01mg (15.03%), Zinc: 2.2mg (14.66%), Vitamin B2: 0.23mg (13.43%), Vitamin B6: 0.22mg (11.08%), Vitamin B12: 0.64µg (10.69%), Iron: 1.84mg (10.2%), Vitamin E: 1.37mg (9.11%), Potassium: 312.56mg (8.93%), Copper: 0.17mg (8.55%),

Folate: 29.61µg (7.4%), Vitamin K: 7.27µg (6.93%), Vitamin B5: 0.61mg (6.06%), Vitamin D: 0.26µg (1.7%), Vitamin C: 0.84mg (1.02%)