



WHATSheATE



Marinated Roasted Red Pepper Grilled Cheese Sandwich



Vegetarian



Popular

READY IN



10 min.

SERVINGS



1

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large leaves basil
- ☐ 0.3 cup mozzarella cheese fresh room temperature (or 2 tablespoons goat cheese,)
- ☐ 2 slices multi-grain bread
- ☐ 1 tablespoon olive oil
- ☐ 1 large marinated roasted pepper red

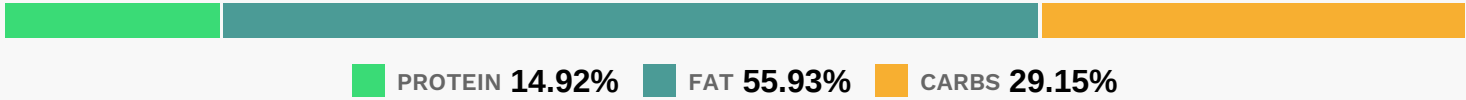
Equipment

- ☐ grill

Directions

☐ Assemble sandwich and grill until golden brown and the cheese has melted, about 2–3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:166.7, Glycemic Load:14.65, Inflammation Score:-5, Nutrition Score:14.898260800735%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 356.89kcal (17.84%), Fat: 22.36g (34.41%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 22.4g (8.14%), Sugar: 2.76g (3.07%), Cholesterol: 22.12mg (7.37%), Sodium: 934.41mg (40.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.85%), Manganese: 1.27mg (63.73%), Selenium: 19.32µg (27.6%), Calcium: 249.76mg (24.98%), Phosphorus: 225.8mg (22.58%), Vitamin C: 17.39mg (21.07%), Vitamin K: 17.59µg (16.75%), Vitamin E: 2.38mg (15.86%), Vitamin B1: 0.24mg (15.8%), Fiber: 3.82g (15.28%), Vitamin B3: 2.72mg (13.61%), Magnesium: 53.43mg (13.36%), Zinc: 1.88mg (12.52%), Iron: 1.96mg (10.9%), Vitamin B2: 0.18mg (10.83%), Vitamin B12: 0.64µg (10.64%), Vitamin B6: 0.2mg (9.94%), Copper: 0.18mg (9.08%), Vitamin A: 436.11IU (8.72%), Folate: 32.08µg (8.02%), Potassium: 218.39mg (6.24%), Vitamin B5: 0.44mg (4.4%)