



Medianoche Grilled Cheese Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 4 sandwich-cut dill pickles cut in half crosswise
- ☐ 1.5 ounce hawaiian bread sweet
- ☐ 1 tablespoon mayonnaise light
- ☐ 6 ounces swiss cheese thinly sliced reduced-fat
- ☐ 2 plum tomatoes thinly sliced

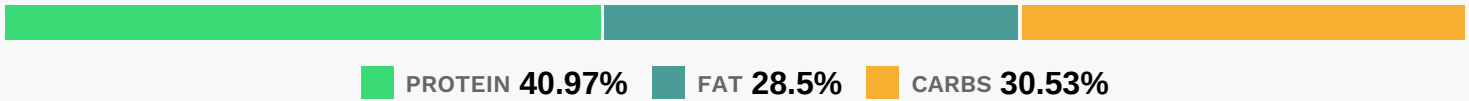
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 3 ingredients in a small bowl.
- ☐ Spread about 1 1/2 teaspoons mustard mixture evenly over each bread slice. Divide cheese, pickles, and tomatoes evenly over each of 4 bread slices; top with remaining bread slices.
- ☐ Heat a nonstick grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1 sandwich to pan.
- ☐ Place a cast-iron or heavy skillet on top of sandwich; gently press to flatten. Cook 45 seconds on each side or until cheese melts and bread is toasted (leave cast-iron skillet on sandwich while it cooks). Repeat procedure with remaining sandwiches.
- ☐ Cut sandwiches in half diagonally.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:8.8708695082561%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 140.67kcal (7.03%), Fat: 4.49g (6.91%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.07g (3.3%), Sugar: 4.72g (5.24%), Cholesterol: 21.18mg (7.06%), Sodium: 753.25mg (32.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.05%), Calcium: 452.35mg (45.23%), Phosphorus: 283.93mg (28.39%), Vitamin K: 15.78µg (15.03%), Zinc: 1.83mg (12.23%), Vitamin B12: 0.71µg (11.91%), Vitamin B2: 0.2mg (11.84%), Selenium: 8.05µg (11.5%), Vitamin A: 450.28IU (9.01%), Fiber: 1.76g (7.04%), Vitamin C: 5.64mg (6.84%), Magnesium: 27.15mg (6.79%), Iron: 1.19mg (6.59%), Potassium: 207.47mg (5.93%), Manganese: 0.11mg (5.67%), Vitamin B1: 0.07mg (4.34%), Vitamin B6: 0.09mg (4.33%), Folate: 13.09µg (3.27%), Copper: 0.05mg (2.73%), Vitamin E: 0.38mg (2.53%), Vitamin B3: 0.34mg (1.69%)