



Mexican Grilled Cheese Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



575 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices sandwich bread white
- 4 ounces bread thinly sliced (from 16 oz. box)
- 2 tablespoons butter softened
- 6.3 oz taco seasoning
- 0.5 cup salsa thick

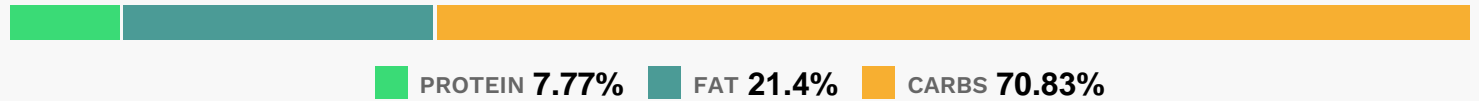
Equipment

- bowl
- frying pan

Directions

- Heat griddle to 350°F or heat 12-inch skillet over medium heat. Top 2 slices of the bread with cheese; cover with remaining bread.
- In small bowl, mix butter and taco seasoning mix.
- Spread half of mixture on one side of each sandwich.
- Place sandwiches, buttered sides down, on hot griddle.
- Spread top sides with remaining butter mixture. Cook 5 to 7 minutes, turning once, until golden brown on both sides and cheese is melted.
- Serve with salsa as a dip.

Nutrition Facts



Properties

Glycemic Index:77.64, Glycemic Load:40.22, Inflammation Score:-10, Nutrition Score:25.501304180078%

Nutrients (% of daily need)

Calories: 575.28kcal (28.76%), Fat: 14.56g (22.4%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 108.4g (36.13%), Net Carbohydrates: 88.18g (32.07%), Sugar: 24.39g (27.1%), Cholesterol: 0mg (0%), Sodium: 8285.87mg (360.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.8%), Vitamin A: 9124.12IU (182.48%), Fiber: 20.22g (80.89%), Iron: 10.15mg (56.39%), Vitamin C: 41.13mg (49.85%), Vitamin B1: 0.68mg (45.35%), Selenium: 28.4µg (40.57%), Manganese: 0.67mg (33.33%), Folate: 127.98µg (31.99%), Vitamin B3: 5.84mg (29.22%), Vitamin B2: 0.39mg (22.83%), Calcium: 157.38mg (15.74%), Phosphorus: 140.05mg (14.01%), Vitamin B6: 0.22mg (11.12%), Magnesium: 41.81mg (10.45%), Vitamin E: 1.46mg (9.71%), Copper: 0.19mg (9.52%), Potassium: 298.42mg (8.53%), Zinc: 1.16mg (7.73%), Vitamin B5: 0.6mg (6%), Vitamin K: 3.23µg (3.07%)