



Mexican Grilled Cheese Sandwiches

READY IN



15 min.

SERVINGS



2

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter softened
- 4 ounces cheese thinly sliced (from 16 oz. box)
- 0.5 cup salsa thick
- 1 teaspoon taco seasoning (from 1 oz package)
- 4 slices sandwich bread white

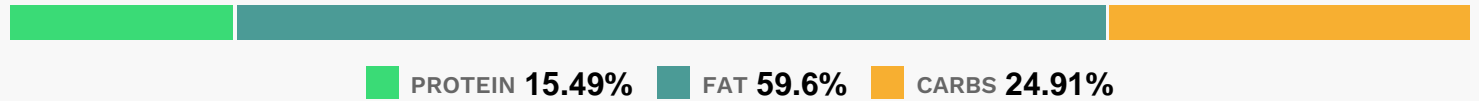
Equipment

- bowl
- frying pan

Directions

- Heat griddle to 350F 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:50.89, Glycemic Load:17.91, Inflammation Score:-8, Nutrition Score:15.578260991884%

Nutrients (% of daily need)

Calories: 485.94kcal (24.3%), Fat: 32.47g (49.95%), Saturated Fat: 13.65g (85.3%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 28.19g (10.25%), Sugar: 5.34g (5.94%), Cholesterol: 56.7mg (18.9%), Sodium: 1171.77mg (50.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Calcium: 528.76mg (52.88%), Selenium: 28.23µg (40.33%), Phosphorus: 340.2mg (34.02%), Vitamin A: 1386.09IU (27.72%), Vitamin B2: 0.4mg (23.3%), Vitamin B1: 0.29mg (19.61%), Manganese: 0.38mg (18.76%), Zinc: 2.65mg (17.67%), Folate: 70.15µg (17.54%), Vitamin B3: 3.14mg (15.7%), Vitamin E: 1.76mg (11.75%), Iron: 2.05mg (11.37%), Vitamin B12: 0.62µg (10.25%), Vitamin B6: 0.2mg (10.04%), Magnesium: 38.98mg (9.74%), Fiber: 2.33g (9.32%), Potassium: 275.74mg (7.88%), Vitamin B5: 0.65mg (6.45%), Copper: 0.12mg (6.15%), Vitamin K: 4.19µg (3.99%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.29mg (1.56%)