



Mike's Favorite Grilled Cheese

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread
- 2 tablespoons butter divided
- 2 slices processed american cheese

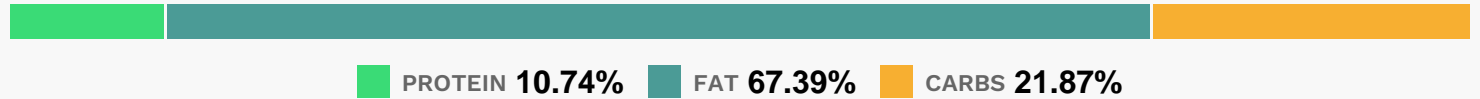
Equipment

- frying pan

Directions

- Heat a small skillet to medium high heat.
- Spread a thin layer of butter on one side of both bread slices; place one slice bread, buttered-side-down, in hot skillet. Immediately place both cheese slices on bread and cover with second bread slice, butter-side-up. When first side is browned, turn over and brown other side.
- Remove from heat and let cool 2 to 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:135.67, Glycemic Load:14.72, Inflammation Score:-7, Nutrition Score:14.115652406345%

Nutrients (% of daily need)

Calories: 510.02kcal (25.5%), Fat: 38.6g (59.38%), Saturated Fat: 22.37g (139.79%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 25.93g (9.43%), Sugar: 4.17g (4.64%), Cholesterol: 102.2mg (34.07%), Sodium: 1146.74mg (49.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.69%), Calcium: 515.62mg (51.56%), Selenium: 24.89µg (35.56%), Phosphorus: 348.18mg (34.82%), Manganese: 0.68mg (34.24%), Vitamin A: 1097.74IU (21.95%), Vitamin B3: 3.17mg (15.87%), Vitamin B1: 0.24mg (15.86%), Vitamin B2: 0.25mg (14.64%), Folate: 51.8µg (12.95%), Iron: 2.29mg (12.7%), Vitamin B12: 0.68µg (11.29%), Zinc: 1.65mg (11.02%), Fiber: 2.24g (8.96%), Magnesium: 34.44mg (8.61%), Vitamin E: 1.09mg (7.28%), Vitamin B5: 0.66mg (6.59%), Vitamin K: 5.8µg (5.52%), Copper: 0.1mg (5.11%), Vitamin B6: 0.09mg (4.28%), Potassium: 141.12mg (4.03%), Vitamin D: 0.25µg (1.68%)