



## Mini Grilled- Cheese Hearts

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



209 kcal

SIDE DISH

### Ingredients

- 0.3 cup bottled pepper relish sweet
- 10 servings bell pepper
- 4 oz cheddar shredded
- 2 tablespoons butter unsalted melted
- 16 slices sandwich bread white firm

### Equipment

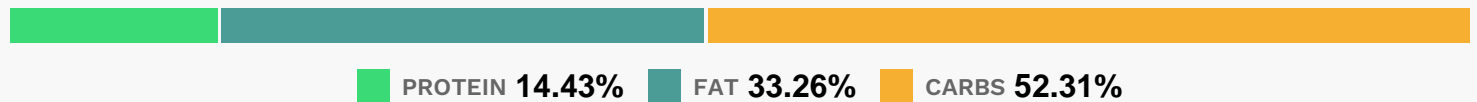
- frying pan
- baking sheet

- oven
- aluminum foil
- cookie cutter
- spatula

## Directions

- Preheat oven to 200F and line a large rimmed baking sheet with foil. Lightly mist a griddle or large skillet with cooking spray.
- Use a 2-inch heart-shaped cookie cutter to cut three hearts from each slice of bread. Lightly brush both sides of bread with butter.
- Place about 1 1/2 tsp. cheese in center of half of hearts. Use fingers to spread cheese and lightly pack it down, following shape of hearts. Top cheese with about 1/4 tsp. relish and season with pepper.
- Place remaining hearts on top of filling, lightly pressing down to form firm, well-shaped sandwiches.
- Working in batches, cook sandwiches on griddle or in skillet over medium-high heat until lightly browned, 3 to 5 minutes per side. Use a small spatula to carefully flip sandwiches over.
- Place finished sandwiches on lined baking sheet and keep warm in oven until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:16.58, Glycemic Load:15.77, Inflammation Score:-9, Nutrition Score:18.444347879161%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 208.56kcal (10.43%), Fat: 7.98g (12.28%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 24.25g (8.82%), Sugar: 5.34g (5.94%), Cholesterol: 17.36mg (5.79%), Sodium: 269.43mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Vitamin C: 95.36mg (115.59%),

Manganese: 1.08mg (53.79%), Vitamin A: 2548.95IU (50.98%), Folate: 82.14µg (20.54%), Calcium: 196.66mg (19.67%), Selenium: 12.88µg (18.4%), Vitamin B1: 0.25mg (16.86%), Fiber: 3.98g (15.92%), Vitamin B6: 0.28mg (13.94%), Vitamin B3: 2.71mg (13.54%), Vitamin K: 13.88µg (13.22%), Vitamin B2: 0.22mg (13%), Phosphorus: 126.52mg (12.65%), Iron: 2.26mg (12.54%), Vitamin E: 1.48mg (9.84%), Potassium: 292.01mg (8.34%), Magnesium: 32.97mg (8.24%), Copper: 0.15mg (7.26%), Zinc: 1.03mg (6.85%), Vitamin B5: 0.58mg (5.83%), Vitamin B12: 0.13µg (2.08%)