



Mini Pumpernickel Grilled-Cheese and Pickle Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

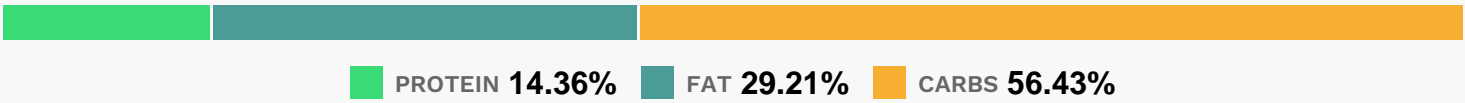
- ☐ 3 tablespoons butter
- ☐ 2 dill pickle dry with paper towels sliced thin
- ☐ 4 ounces gouda cheese sliced thin (such as Winchester Sharp)
- ☐ 0.1 pound pumpernickel bread smoked
- ☐ 24 slices pumpernickel bread

Equipment

Directions

- ☐ On each of 12 slices of bread, arrange a layer of gouda slices, cover with a layer of pickle slices, and top with a slice of ham. Top ham with another slice or two of cheese and cover with a piece of bread.
- ☐ Divide butter between two large frying pans and heat over medium heat until butter melts and foam subsides. Divide sandwiches between pans and cook, turning once, until cheese is melted and each side is crisp, about 3 minutes per side.
- ☐ Cut sandwiches in half diagonally and serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:9.5, Inflammation Score:-2, Nutrition Score:6.1773913588537%

Nutrients (% of daily need)

Calories: 138.41kcal (6.92%), Fat: 4.54g (6.98%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 17.04g (6.2%), Sugar: 0.35g (0.39%), Cholesterol: 10.98mg (3.66%), Sodium: 311.36mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Manganese: 0.54mg (26.95%), Selenium: 10.95µg (15.64%), Fiber: 2.69g (10.75%), Phosphorus: 104.97mg (10.5%), Folate: 39.66µg (9.91%), Vitamin B1: 0.14mg (9.13%), Vitamin B2: 0.15mg (8.58%), Calcium: 68.61mg (6.86%), Iron: 1.2mg (6.66%), Vitamin B3: 1.28mg (6.4%), Copper: 0.12mg (6.03%), Magnesium: 24mg (6%), Zinc: 0.83mg (5.56%), Vitamin B6: 0.06mg (2.84%), Potassium: 93.92mg (2.68%), Vitamin B5: 0.19mg (1.89%), Vitamin A: 85.68IU (1.71%), Vitamin E: 0.24mg (1.58%), Vitamin B12: 0.09µg (1.51%)