



## MIRACLE WHIP Grilled Jalapeño

READY IN



15 min.

SERVINGS



1

CALORIES



368 kcal

SIDE DISH

### Ingredients

- 0.3 cup baby spinach leaves
- 1 big jalapeño cheese kraft
- 1 Tbsp miracle whip dressing
- 2 slices sourdough bread
- 2 slices tomatoes thin

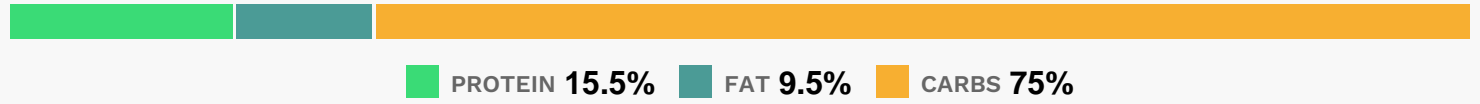
### Equipment

- frying pan

## Directions

- Heat small heavy skillet on medium heat. Meanwhile, fill bread slices with next 3 ingredients.
- Spread outside of sandwich with dressing.
- Cook 3 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:177.5, Glycemic Load:51.27, Inflammation Score:-8, Nutrition Score:18.663043570583%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 367.77kcal (18.39%), Fat: 3.9g (6%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 69.29g (23.1%), Net Carbohydrates: 65.98g (23.99%), Sugar: 7.65g (8.5%), Cholesterol: 2.44mg (0.81%), Sodium: 909.21mg (39.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Vitamin B1: 0.92mg (61.05%), Selenium: 36.97µg (52.81%), Folate: 172.5µg (43.13%), Manganese: 0.74mg (37.02%), Vitamin K: 37.3µg (35.53%), Vitamin B2: 0.57mg (33.27%), Vitamin B3: 6.24mg (31.18%), Iron: 5.23mg (29.08%), Vitamin A: 740.99IU (14.82%), Phosphorus: 143.93mg (14.39%), Fiber: 3.31g (13.24%), Magnesium: 47.38mg (11.84%), Copper: 0.21mg (10.29%), Zinc: 1.41mg (9.41%), Calcium: 82.21mg (8.22%), Vitamin B6: 0.15mg (7.69%), Potassium: 204.96mg (5.86%), Vitamin B5: 0.44mg (4.38%), Vitamin E: 0.44mg (2.93%), Vitamin C: 2.38mg (2.89%)