



Mmm Marinara Grilled Cheese

READY IN



11 min.

SERVINGS



1

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices vienna bread white
- 2 singles kraft
- 2 tsp butter soft
- 1 Tbsp classico family favorites pasta sauce traditional

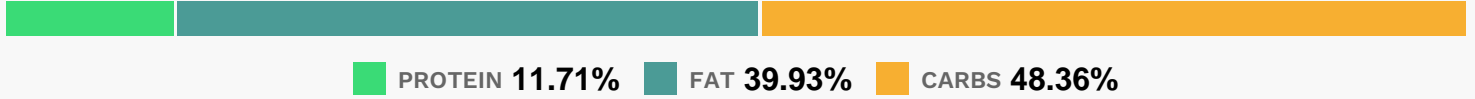
Equipment

- frying pan

Directions

- Top 1 of the bread slices with pasta sauce and Singles; cover with remaining bread slice.
- Spread outside of sandwich with margarine.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:103.67, Glycemic Load:14.55, Inflammation Score:-5, Nutrition Score:8.6004347969656%

Nutrients (% of daily need)

Calories: 227.59kcal (11.38%), Fat: 10.17g (15.64%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 25.25g (9.18%), Sugar: 3.88g (4.31%), Cholesterol: 0.32mg (0.11%), Sodium: 450.58mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Manganese: 0.68mg (34.18%), Selenium: 16.22µg (23.17%), Vitamin B3: 3.28mg (16.41%), Vitamin B1: 0.23mg (15.65%), Folate: 49.04µg (12.26%), Iron: 2.16mg (12.01%), Fiber: 2.47g (9.88%), Phosphorus: 96.91mg (9.69%), Vitamin B2: 0.16mg (9.41%), Calcium: 89.16mg (8.92%), Vitamin A: 445.63IU (8.91%), Magnesium: 25.49mg (6.37%), Vitamin B5: 0.51mg (5.13%), Copper: 0.1mg (5.01%), Zinc: 0.67mg (4.44%), Vitamin E: 0.61mg (4.09%), Vitamin B6: 0.08mg (3.89%), Potassium: 132.18mg (3.78%), Vitamin K: 3.16µg (3.01%), Vitamin C: 1.18mg (1.44%)