



Mom's Gourmet Grilled Cheese Sandwich

 Popular

READY IN



10 min.

SERVINGS



1

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice processed cheese food
- ☐ 1 tablespoon butter
- ☐ 1 slice cheddar cheese
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 2 slices sourdough bread

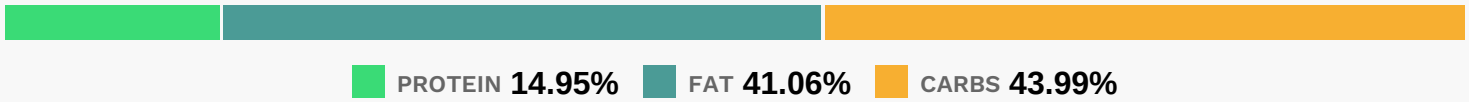
Equipment

- ☐ frying pan

Directions

- ☐ Heat a skillet over medium heat. Butter one side of each slice of bread.
- ☐ Sprinkle Parmesan cheese onto the buttered sides.
- ☐ Place one slice buttered side down in the skillet, and place a slice of American cheese and a slice of Cheddar cheese on it. Top with the remaining slice of bread, butter side up. Fry until golden on each side.

Nutrition Facts



Properties

Glycemic Index:184.5, Glycemic Load:51.54, Inflammation Score:-7, Nutrition Score:21.625217178594%

Nutrients (% of daily need)

Calories: 616.86kcal (30.84%), Fat: 28.31g (43.55%), Saturated Fat: 15.7g (98.15%), Carbohydrates: 68.25g (22.75%), Net Carbohydrates: 65.44g (23.79%), Sugar: 6.46g (7.17%), Cholesterol: 72.45mg (24.15%), Sodium: 1410.17mg (61.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.38%), Selenium: 47.55µg (67.93%), Vitamin B1: 0.92mg (61.26%), Calcium: 453.76mg (45.38%), Folate: 163.41µg (40.85%), Vitamin B2: 0.69mg (40.75%), Phosphorus: 381.93mg (38.19%), Manganese: 0.69mg (34.26%), Vitamin B3: 6.2mg (31.02%), Iron: 5.19mg (28.83%), Zinc: 2.71mg (18.05%), Vitamin A: 761.9IU (15.24%), Magnesium: 53.04mg (13.26%), Fiber: 2.82g (11.26%), Copper: 0.21mg (10.59%), Vitamin B12: 0.59µg (9.77%), Vitamin B6: 0.16mg (8.23%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.91mg (6.1%), Potassium: 203.13mg (5.8%), Vitamin K: 2.91µg (2.78%), Vitamin D: 0.25µg (1.69%)