



Monterey Jack and Jalapeño Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 garlic clove halved
- ☐ 1 tablespoon green onions minced
- ☐ 1 tablespoon pickled jalapeño peppers finely chopped
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 1.5 ounce sourdough bread

Equipment

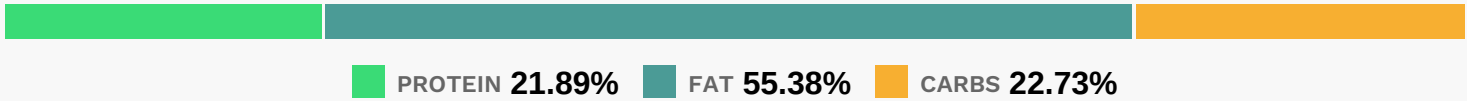
- ☐ frying pan

☐ grill pan

Directions

- ☐ Heat a large grill pan over medium-high heat.
- ☐ Add 4 bread slices; cook 2 minutes on each side or until lightly browned.
- ☐ Remove from pan. Repeat procedure with remaining bread slices. Rub 1 side of each bread slice with cut sides of garlic clove; discard garlic.
- ☐ Combine cheese and remaining ingredients, stirring well.
- ☐ Spread about 3 tablespoons cheese mixture over the garlic side of each of 4 bread slices; top each sandwich with 1 bread slice, garlic side down.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:4.44, Inflammation Score:-3, Nutrition Score:5.3621739045433%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 149.47kcal (7.47%), Fat: 9.26g (14.24%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 7.88g (2.87%), Sugar: 2.32g (2.57%), Cholesterol: 26.53mg (8.84%), Sodium: 348.34mg (15.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.46%), Calcium: 220.77mg (22.08%), Phosphorus: 140.43mg (14.04%), Selenium: 7.32µg (10.46%), Vitamin B2: 0.16mg (9.57%), Vitamin K: 8.16µg (7.77%), Zinc: 0.99mg (6.59%), Vitamin C: 4.96mg (6.02%), Vitamin B1: 0.08mg (5.57%), Vitamin A: 273.46IU (5.47%), Folate: 20.17µg (5.04%), Manganese: 0.08mg (4.03%), Vitamin B12: 0.24µg (3.92%), Iron: 0.68mg (3.79%), Magnesium: 12.4mg (3.1%), Vitamin B3: 0.6mg (3%), Vitamin B6: 0.06mg (2.98%), Fiber: 0.67g (2.67%), Potassium: 58.92mg (1.68%), Copper: 0.03mg (1.67%), Vitamin E: 0.24mg (1.63%), Vitamin D: 0.17µg (1.13%), Vitamin B5: 0.11mg (1.12%)