



Onion Chutney Grilled Cheese Sandwich

READY IN



45 min.

SERVINGS



1

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature ()
- ☐ 2 slices cheese (cheddar, gruyere, etc.)
- ☐ 2 tablespoons onion chutney

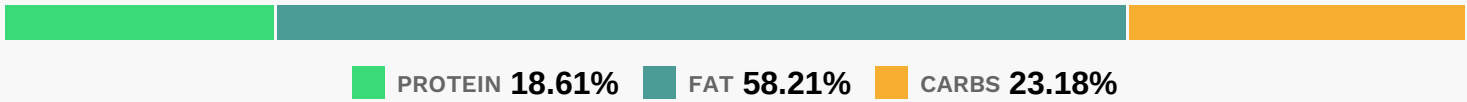
Equipment

- ☐ grill

Directions

Assemble the sandwich and grill until the bread is golden brown and the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:135.67, Glycemic Load:14.71, Inflammation Score:-7, Nutrition Score:15.933913028759%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 493.1kcal (24.66%), Fat: 32g (49.23%), Saturated Fat: 18.18g (113.62%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 26.1g (9.49%), Sugar: 4.27g (4.74%), Cholesterol: 91.7mg (30.57%), Sodium: 755.54mg (32.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.04%), Calcium: 643.56mg (64.36%), Phosphorus: 420.2mg (42.02%), Manganese: 0.7mg (35.14%), Selenium: 24.49µg (34.98%), Zinc: 2.81mg (18.75%), Vitamin B1: 0.27mg (18.24%), Vitamin B2: 0.31mg (18.09%), Vitamin A: 882.26IU (17.65%), Vitamin B3: 3.22mg (16.09%), Vitamin B12: 0.92µg (15.33%), Folate: 57.42µg (14.35%), Iron: 2.16mg (11.98%), Magnesium: 45.4mg (11.35%), Fiber: 2.58g (10.32%), Vitamin B5: 0.81mg (8.14%), Vitamin B6: 0.13mg (6.6%), Copper: 0.11mg (5.43%), Vitamin K: 5.32µg (5.06%), Potassium: 156.88mg (4.48%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.34µg (2.24%), Vitamin C: 1.59mg (1.93%)