

# Our Favorite Grilled Cheese Sandwich Lunch

 Vegetarian

READY IN



11 min.

SERVINGS



1

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 cup grapes seedless
- 2 singles kraft
- 0.8 cup sugar snap peas
- 2 slices bread whole wheat

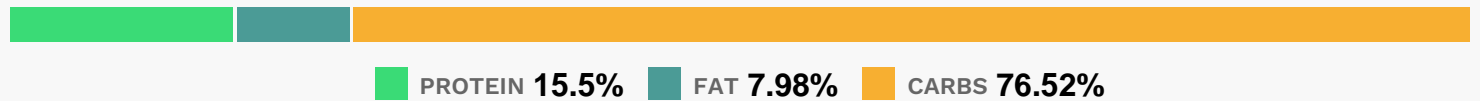
## Equipment

- frying pan

## Directions

- Top 1 of the bread slices with Singles; cover with remaining bread slice.
- Spray small skillet with cooking spray.
- Add sandwich; cook on medium heat 3 min. on each side or until lightly browned on both sides.
- Serve with the remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:115.7, Glycemic Load:23.44, Inflammation Score:-8, Nutrition Score:19.41043461924%

## Nutrients (% of daily need)

Calories: 254.21kcal (12.71%), Fat: 2.34g (3.59%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 50.42g (16.81%), Net Carbohydrates: 44.12g (16.04%), Sugar: 23.1g (25.66%), Cholesterol: 0.32mg (0.11%), Sodium: 283.17mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.43%), Manganese: 1.46mg (72.77%), Vitamin C: 47.73mg (57.85%), Vitamin K: 39.28µg (37.41%), Vitamin B1: 0.41mg (27.16%), Fiber: 6.29g (25.18%), Selenium: 15.08µg (21.54%), Phosphorus: 198.79mg (19.88%), Iron: 3.37mg (18.73%), Vitamin A: 918.69IU (18.37%), Magnesium: 68.69mg (17.17%), Vitamin B6: 0.34mg (16.8%), Copper: 0.33mg (16.42%), Vitamin B3: 3.13mg (15.67%), Calcium: 148.45mg (14.85%), Potassium: 508.03mg (14.52%), Folate: 56.65µg (14.16%), Vitamin B2: 0.24mg (13.92%), Vitamin B5: 0.99mg (9.92%), Zinc: 1.31mg (8.76%), Vitamin E: 0.8mg (5.36%)