



Pesto Grilled Cheese Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice processed cheese food
- ☐ 1 tablespoon butter divided softened
- ☐ 2 slices bread italian
- ☐ 1 tablespoon pesto sauce divided prepared
- ☐ 1 slice provolone cheese
- ☐ 2 slices tomatoes

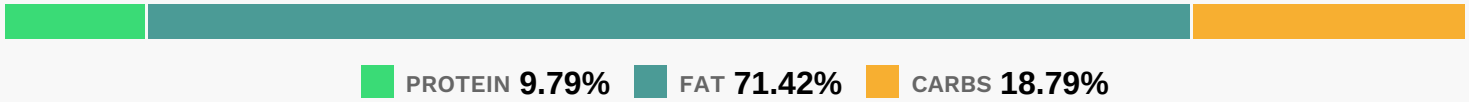
Equipment

- ☐ frying pan

Directions

- ☐ Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
- ☐ Spread the top of the bread slice in the skillet with half the pesto sauce, and place a slice of provolone cheese, the tomato slices, and the slice of American cheese onto the pesto.
- ☐ Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
- ☐ Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:142, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:9.704782537792%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 535.95kcal (26.8%), Fat: 42.86g (65.94%), Saturated Fat: 22.89g (143.08%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 23.08g (8.39%), Sugar: 14.85g (16.5%), Cholesterol: 65.41mg (21.8%), Sodium: 870.41mg (37.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.45%), Calcium: 396mg (39.6%), Vitamin A: 1467.73IU (29.35%), Phosphorus: 259.97mg (26%), Vitamin B3: 2.17mg (10.86%), Vitamin B12: 0.62µg (10.27%), Selenium: 7.14µg (10.2%), Vitamin B2: 0.16mg (9.48%), Folate: 37.3µg (9.33%), Fiber: 2.29g (9.15%), Vitamin C: 7.4mg (8.97%), Zinc: 1.32mg (8.81%), Potassium: 272.08mg (7.77%), Iron: 1.31mg (7.26%), Magnesium: 23.8mg (5.95%), Vitamin K: 6.21µg (5.91%), Vitamin B1: 0.08mg (5.56%), Vitamin E: 0.83mg (5.52%), Manganese: 0.07mg (3.6%), Vitamin B6: 0.07mg (3.44%), Vitamin B5: 0.24mg (2.39%), Copper: 0.05mg (2.32%), Vitamin D: 0.22µg (1.47%)