



WHATSheATE



Pico De Gallo Grilled Cheese Sandwich



Vegetarian

READY IN



40 min.

SERVINGS



5

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter or as needed softened
- ☐ 2 tablespoons cilantro leaves fresh chopped to taste
- ☐ 5 servings salt and ground pepper black to taste
- ☐ 0.5 juice of lime juiced
- ☐ 10 slices provolone cheese
- ☐ 1 tomatoes diced
- ☐ 10 slices bread white
- ☐ 0.5 onion diced white

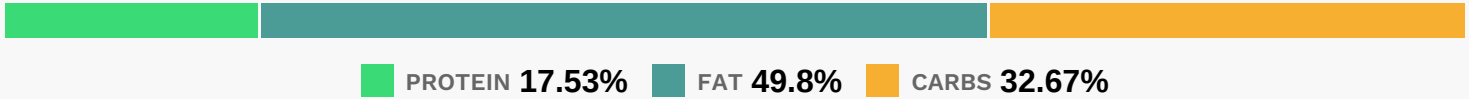
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Mix tomato, onion, cilantro, lime juice, salt, and pepper together in a bowl.
- ☐ Spread butter onto 1 side of each bread slice. Arrange bread, butter-side down, onto a work surface.
- ☐ Place 1 slice provolone cheese onto each bread slice and spoon pico de gallo onto 5 of the bread-cheese slices. Top each pico de gallo layer with remaining bread-cheese slices, butter-side up.
- ☐ Heat a skillet over medium heat. Grill each sandwich in the hot skillet until golden brown and cheese is melted, 3 to 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:56.16, Glycemic Load:18.25, Inflammation Score:-6, Nutrition Score:11.646521775619%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 338.47kcal (16.92%), Fat: 18.78g (28.9%), Saturated Fat: 11.24g (70.25%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.05g (9.47%), Sugar: 4.05g (4.5%), Cholesterol: 44.28mg (14.76%), Sodium: 570.6mg (24.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Calcium: 400.76mg (40.08%), Phosphorus: 256.74mg (25.67%), Selenium: 17.26µg (24.65%), Vitamin B1: 0.28mg (18.42%), Manganese: 0.36mg

(17.8%), Folate: 65.75µg (16.44%), Vitamin A: 762.8IU (15.26%), Vitamin B2: 0.25mg (14.9%), Vitamin B3: 2.61mg (13.04%), Zinc: 1.74mg (11.6%), Iron: 1.98mg (11.02%), Vitamin B12: 0.57µg (9.48%), Magnesium: 28.57mg (7.14%), Fiber: 1.67g (6.7%), Vitamin C: 5.13mg (6.22%), Potassium: 192.99mg (5.51%), Vitamin B6: 0.11mg (5.43%), Vitamin B5: 0.5mg (5%), Copper: 0.09mg (4.66%), Vitamin K: 4.19µg (3.99%), Vitamin E: 0.54mg (3.59%), Vitamin D: 0.19µg (1.27%)