



Quick and Easy Grilled Cheese

 Vegetarian

READY IN



16 min.

SERVINGS



1

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon basil chopped
- ☐ 2 slices bread
- ☐ 1 tablespoon butter softened
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon oregano
- ☐ 1 tablespoon parsley chopped
- ☐ 2 slices sharp cheddar cheese

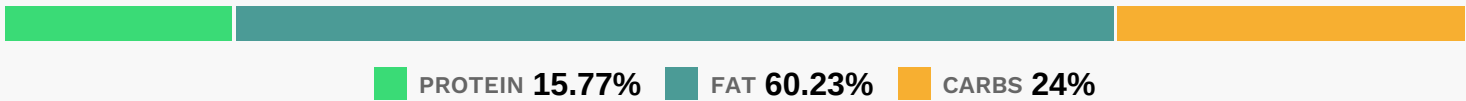
Equipment

☐ frying pan

Directions

- ☐ Spread 1/2 tablespoon of butter on one side of each piece of bread. Lie the slices of Cheddar on one of the slices of bread on the unbuttered side.
- ☐ Sprinkle the parsley, basil, oregano, rosemary, and dill on the other slice of bread on its unbuttered side. Sandwich the two slices of bread together with the buttered sides facing outwards.
- ☐ Heat a skillet over medium heat. When skillet is hot, gently lie the sandwich in the skillet; cook on each side for 3 minutes until cheese has melted.

Nutrition Facts



Properties

Glycemic Index:257.67, Glycemic Load:14.73, Inflammation Score:-10, Nutrition Score:20.123478340066%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 489.24kcal (24.46%), Fat: 33.06g (50.85%), Saturated Fat: 18.38g (114.86%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 26.4g (9.6%), Sugar: 3.52g (3.91%), Cholesterol: 86.1mg (28.7%), Sodium: 723.97mg (31.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.47g (38.94%), Vitamin K: 83.52µg (79.54%), Calcium: 507.44mg (50.74%), Selenium: 32.21µg (46.01%), Manganese: 0.78mg (39.13%), Phosphorus: 337.55mg (33.75%), Vitamin A: 1299IU (25.98%), Vitamin B2: 0.41mg (23.99%), Zinc: 2.75mg (18.33%), Folate: 70.93µg (17.73%), Iron: 3.11mg (17.27%), Vitamin B1: 0.25mg (16.95%), Vitamin B3: 3.31mg (16.57%), Fiber: 3.24g (12.96%), Magnesium: 45.97mg (11.49%), Vitamin B12: 0.62µg (10.29%), Vitamin E: 1.25mg (8.31%), Vitamin B5: 0.74mg (7.42%), Vitamin C: 5.6mg (6.79%), Vitamin B6: 0.13mg (6.32%), Copper: 0.12mg (6.04%), Potassium: 174.5mg

(4.99%), Vitamin D: 0.34µg (2.24%)