



Raspberry, Brie and Blue Grilled Cheese

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 teaspoon butter salted
- ☐ 1 oz round of président brie
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 1 teaspoon raspberry jam

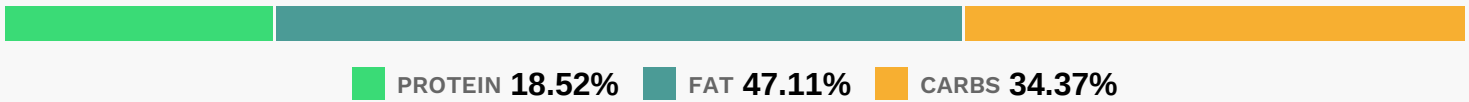
Equipment

- ☐ frying pan

Directions

- ☐ Spread 1 side of each bread slice with butter.
- ☐ Place 1 slice, buttered side down, in small skillet. On same bread slice, carefully spread Brie (it helps to slice it a bit).
- ☐ Sprinkle with blue cheese.
- ☐ Spread raspberry preserves on unbuttered side of second bread slice.
- ☐ Place slice, buttered side up, on cheese-topped slice.
- ☐ Cook over medium heat about 5 minutes or until bottom is golden brown. Carefully turn; press down lightly. Cook 2 to 3 minutes longer or until cheese is melted and bottom is golden brown.

Nutrition Facts



Properties

Glycemic Index:228.7, Glycemic Load:17.21, Inflammation Score:-5, Nutrition Score:13.339565230452%

Nutrients (% of daily need)

Calories: 341.66kcal (17.08%), Fat: 17.92g (27.57%), Saturated Fat: 10.53g (65.82%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 25.98g (9.45%), Sugar: 6.07g (6.74%), Cholesterol: 49.6mg (16.53%), Sodium: 625.71mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Manganese: 1.21mg (60.46%), Selenium: 20.78µg (29.68%), Phosphorus: 228.73mg (22.87%), Calcium: 219.96mg (22%), Vitamin B2: 0.3mg (17.7%), Vitamin B1: 0.24mg (16.28%), Fiber: 3.44g (13.75%), Vitamin B3: 2.74mg (13.68%), Zinc: 2.04mg (13.61%), Magnesium: 52.39mg (13.1%), Folate: 47.91µg (11.98%), Vitamin B12: 0.65µg (10.78%), Vitamin B6: 0.21mg (10.62%), Iron: 1.65mg (9.19%), Vitamin B5: 0.83mg (8.29%), Vitamin A: 401.28IU (8.03%), Copper: 0.14mg (7.23%), Potassium: 225.52mg (6.44%), Vitamin K: 5.71µg (5.43%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.21µg (1.41%)