



Roast Beef Grilled Cheese

READY IN



10 min.

SERVINGS



1

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 singles kraft
- 2 pepper rings green thin
- 3 slice oscar mayer deli slow roasted roast beef fresh
- 2 slice marble rye bread

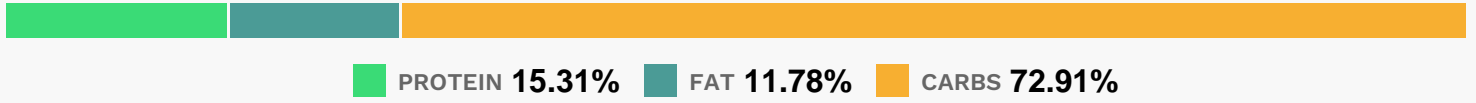
Equipment

- frying pan

Directions

- Fill bread slices with remaining ingredients.
- Cook in skillet sprayed with cooking spray on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:52.33, Glycemic Load:14.23, Inflammation Score:-3, Nutrition Score:8.4373913821967%

Nutrients (% of daily need)

Calories: 172.32kcal (8.62%), Fat: 2.24g (3.44%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 27.45g (9.98%), Sugar: 2.6g (2.89%), Cholesterol: 2.03mg (0.68%), Sodium: 458.27mg (19.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.09%), Selenium: 19.98µg (28.54%), Manganese: 0.53mg (26.4%), Vitamin B1: 0.28mg (18.61%), Folate: 70.67µg (17.67%), Fiber: 3.72g (14.86%), Vitamin B3: 2.65mg (13.27%), Vitamin B2: 0.22mg (13.16%), Phosphorus: 104.25mg (10.43%), Iron: 1.88mg (10.42%), Calcium: 69.36mg (6.94%), Magnesium: 26.23mg (6.56%), Copper: 0.12mg (6.06%), Zinc: 0.89mg (5.92%), Potassium: 119.36mg (3.41%), Vitamin B6: 0.06mg (3%), Vitamin B5: 0.29mg (2.91%), Vitamin C: 1.61mg (1.95%), Vitamin E: 0.21mg (1.41%)