



Serious Cheese: Grilled Kimcheeze Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 2 ounces kimchi
- ☐ 2 ounces mild cheddar cheese

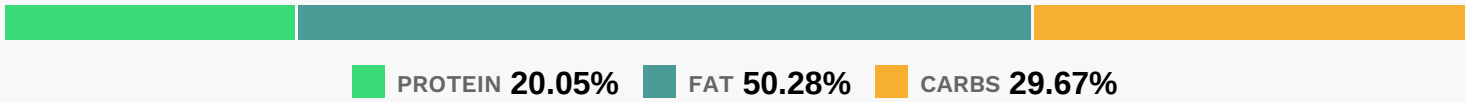
Equipment

- ☐ frying pan

Directions

- ☐ Heat a flat griddle or good heavy pan to medium-high heat, adding a touch of oil or butter if necessary. Assemble your sandwich.
- ☐ Griddle evenly on both sides until the bread is a crusty golden brown and the cheese starts to ooze out of the sides. Devour greedily.
- ☐ Repeat as needed until satisfied.

Nutrition Facts



Properties

Glycemic Index:85.67, Glycemic Load:14.66, Inflammation Score:-6, Nutrition Score:17.385652112572%

Nutrients (% of daily need)

Calories: 393.28kcal (19.66%), Fat: 22.1g (34%), Saturated Fat: 11.31g (70.72%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 26.2g (9.53%), Sugar: 4g (4.44%), Cholesterol: 56.7mg (18.9%), Sodium: 918.05mg (39.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.65%), Calcium: 489.57mg (48.96%), Selenium: 32.46µg (46.37%), Phosphorus: 345.53mg (34.55%), Manganese: 0.67mg (33.66%), Vitamin B2: 0.51mg (30.01%), Vitamin K: 28.83µg (27.45%), Folate: 88.99µg (22.25%), Iron: 3.52mg (19.58%), Vitamin B3: 3.78mg (18.92%), Zinc: 2.79mg (18.59%), Vitamin B1: 0.25mg (16.82%), Fiber: 3.15g (12.59%), Vitamin A: 621.97IU (12.44%), Magnesium: 46.21mg (11.55%), Vitamin B6: 0.22mg (11.1%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.69mg (6.93%), Potassium: 208.23mg (5.95%), Copper: 0.12mg (5.76%), Vitamin E: 0.59mg (3.96%), Vitamin D: 0.34µg (2.27%)