



Sonora Grilled Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup black bean dip fat-free
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 2 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 0.1 teaspoon salt
- ☐ 2 inch tomatoes
- ☐ 1 ounce bread white hearty

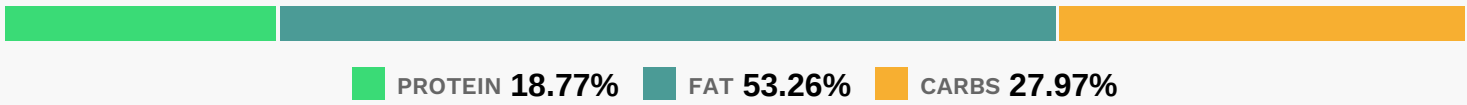
Equipment

☐ frying pan

Directions

- ☐ Combine the first 3 ingredients.
- ☐ Spread the mayonnaise mixture evenly over 4 bread slices. Top each with 2 tomato slices and 2 tablespoons cheese; sprinkle with salt.
- ☐ Spread each remaining bread slice with 2 tablespoons black bean dip; place, dip sides down, on top of sandwiches.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat. Coat each side of sandwiches with cooking spray.
- ☐ Place sandwiches in pan; cook for 2 minutes on each side or until golden brown.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:2.53, Inflammation Score:-1, Nutrition Score:3.380869579056%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 144.2kcal (7.21%), Fat: 8.54g (13.13%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 8.19g (2.98%), Sugar: 4.36g (4.85%), Cholesterol: 14.86mg (4.95%), Sodium: 308.48mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.53%), Calcium: 123.15mg (12.32%), Vitamin K: 8.1µg (7.71%), Fiber: 1.9g (7.58%), Phosphorus: 74.07mg (7.41%), Iron: 1.06mg (5.9%), Selenium: 4.07µg (5.82%), Vitamin B2: 0.07mg (4.3%), Zinc: 0.51mg (3.38%), Manganese: 0.06mg (2.91%), Folate: 11.19µg (2.8%), Vitamin B1: 0.04mg (2.7%), Vitamin A: 131.38IU (2.63%), Vitamin E: 0.37mg (2.47%), Vitamin B12: 0.12µg (1.96%), Vitamin B3: 0.37mg (1.83%), Magnesium: 6.73mg (1.68%)