



Spicy Grilled Cheese Dunkers

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon parsley fresh chopped
- ☐ 2 slices pepper jack cheese
- ☐ 19 oz canned tomatoes hearty canned
- ☐ 1.5 teaspoons butter unsalted softened
- ☐ 2 slices sandwich bread white

Equipment

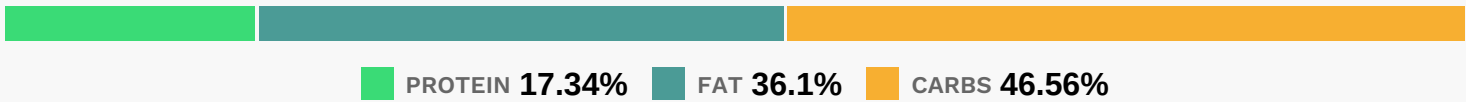
- ☐ bowl
- ☐ ladle

- ☐ cutting board
- ☐ panini press

Directions

- ☐ Heat soup as directed on can. Meanwhile, heat panini maker to 350F (medium-high).
- ☐ Place cheese slices on 1 slice of the bread; top with remaining slice of bread.
- ☐ Spread butter on top of sandwich.
- ☐ Place on panini maker. Close cover; cook 3 to 4 minutes or until bread is toasted and cheese is melted.
- ☐ Remove sandwich to plate or cutting board; cut into 12 small squares.
- ☐ Ladle hot soup into 2 bowls or cups.
- ☐ Sprinkle with basil.
- ☐ Serve immediately with grilled cheese dunkers.

Nutrition Facts



Properties

Glycemic Index:85.89, Glycemic Load:14.32, Inflammation Score:-7, Nutrition Score:18.395217429037%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 258.92kcal (12.95%), Fat: 11.06g (17.01%), Saturated Fat: 6.25g (39.06%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 26.39g (9.6%), Sugar: 13.29g (14.77%), Cholesterol: 26.75mg (8.92%), Sodium: 601.19mg (26.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.91%), Manganese: 0.64mg (32.17%), Calcium: 301.95mg (30.19%), Vitamin C: 24.84mg (30.11%), Copper: 0.53mg (26.56%), Iron: 4.5mg (24.98%), Potassium: 836.55mg (23.9%), Vitamin E: 3.56mg (23.76%), Fiber: 5.69g (22.77%), Vitamin B3: 4.5mg (22.51%), Vitamin B6: 0.44mg (22.19%), Vitamin B1: 0.33mg (22.14%), Phosphorus: 208.6mg (20.86%), Vitamin A: 838.7IU (16.77%), Folate: 66.73µg (16.68%), Vitamin B2: 0.28mg (16.66%), Magnesium: 66.38mg (16.6%), Vitamin K: 15.93µg (15.17%), Selenium: 10.5µg (15%), Zinc: 1.58mg (10.54%), Vitamin B5: 0.93mg (9.31%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.18µg (1.21%)