



## Spicy Grilled Cheese & Tomato Soup Combo

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tsp butter softened
- 1 singles kraft
- 1 big pepper jack cheese kraft
- 1 cup all natural tomato soup hot prepared
- 2 slices bread white

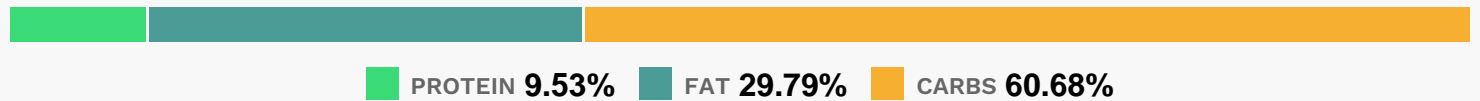
### Equipment

- frying pan

## Directions

- Fill bread slices with Singles and pepper Jack cheese.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until cheese is melted and sandwich is golden brown on both sides.
- Serve with soup.

## Nutrition Facts



## Properties

Glycemic Index:13.83, Glycemic Load:2.52, Inflammation Score:-1, Nutrition Score:1.1843478095758%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 30.55kcal (1.53%), Fat: 1.03g (1.59%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.46g (1.62%), Sugar: 1.49g (1.66%), Cholesterol: 0.1mg (0.04%), Sodium: 90.41mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Potassium: 89.74mg (2.56%), Manganese: 0.05mg (2.5%), Vitamin C: 1.91mg (2.32%), Selenium: 1.62µg (2.31%), Vitamin B1: 0.03mg (2.11%), Vitamin A: 94.62IU (1.89%), Vitamin B3: 0.37mg (1.83%), Iron: 0.26mg (1.42%), Calcium: 14.21mg (1.42%), Folate: 5.58µg (1.39%), Phosphorus: 11.82mg (1.18%), Fiber: 0.28g (1.11%)