



Spinach & Artichoke Grilled Cheese Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup tightly baby spinach leaves packed cut into thin strips
- 0.5 cup philadelphia cream cheese spread ()
- 4 big colby jack cheese kraft
- 0.3 cup marinated artichoke hearts drained chopped
- 8 slices sourdough bread
- 2 tomatoes cut into 4 slices

Equipment

- frying pan

Directions

- Mix cream cheese spread, spinach and artichokes until blended.
- Spread 4 bread slices with cream cheese mixture; top with remaining ingredients. Cover with remaining bread slices.
- Cook, in batches if necessary, in large skillet sprayed with cooking spray on medium heat 2 to 3 min. on each side or until cheese is melted and sandwiches are golden brown on both sides.

Nutrition Facts

PROTEIN 14.79% **FAT 21.68%** **CARBS 63.53%**

Properties

Glycemic Index:10.03, Glycemic Load:13.83, Inflammation Score:-4, Nutrition Score:5.4860869614488%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 119.58kcal (5.98%), Fat: 2.89g (4.45%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 18g (6.55%), Sugar: 2.28g (2.54%), Cholesterol: 4.94mg (1.65%), Sodium: 256.74mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin B1: 0.25mg (16.63%), Selenium: 9.81µg (14.02%), Folate: 47.08µg (11.77%), Manganese: 0.21mg (10.48%), Vitamin B2: 0.15mg (8.96%), Vitamin B3: 1.75mg (8.76%), Iron: 1.44mg (8.01%), Vitamin K: 7.98µg (7.6%), Vitamin A: 369.51IU (7.39%), Fiber: 1.04g (4.17%), Phosphorus: 41.65mg (4.16%), Vitamin C: 3.32mg (4.03%), Magnesium: 13.85mg (3.46%), Calcium: 32.28mg (3.23%), Copper: 0.06mg (3.17%), Zinc: 0.4mg (2.65%), Vitamin B6: 0.05mg (2.62%), Potassium: 86.58mg (2.47%), Vitamin B5: 0.13mg (1.3%), Vitamin E: 0.19mg (1.25%)