



Sundried Tomato Pesto Grilled Cheese Sandwich

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



1

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread
- 1 tablespoon butter
- 1 handful basil leaves
- 1 slice mozzarella cheese
- 3 tablespoons pesto rosso

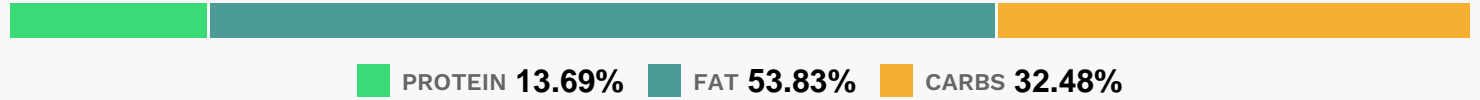
Equipment

- grill

Directions

- Assemble sandwich and grill until the cheese has melted and the bread is golden brown on both sides, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:205.67, Glycemic Load:14.49, Inflammation Score:-6, Nutrition Score:12.334348017755%

Nutrients (% of daily need)

Calories: 416.73kcal (20.84%), Fat: 24.93g (38.35%), Saturated Fat: 12.61g (78.83%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 30.13g (10.96%), Sugar: 7.13g (7.92%), Cholesterol: 57.4mg (19.13%), Sodium: 956.63mg (41.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.53%), Manganese: 0.7mg (34.97%), Selenium: 21.37µg (30.53%), Calcium: 271.96mg (27.2%), Vitamin A: 949.53IU (18.99%), Phosphorus: 182.92mg (18.29%), Vitamin B1: 0.24mg (16.04%), Vitamin B3: 3.19mg (15.93%), Iron: 2.74mg (15.2%), Fiber: 3.71g (14.85%), Vitamin B2: 0.23mg (13.66%), Folate: 51.48µg (12.87%), Vitamin K: 12.71µg (12.11%), Vitamin B12: 0.71µg (11.8%), Zinc: 1.49mg (9.91%), Magnesium: 30.52mg (7.63%), Vitamin B5: 0.52mg (5.21%), Copper: 0.09mg (4.69%), Vitamin B6: 0.08mg (3.84%), Vitamin E: 0.5mg (3.36%), Potassium: 111.02mg (3.17%), Vitamin C: 2.18mg (2.64%)