



9%
HEALTH SCORE

Sweet and Spicy Grilled Cheese Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 8 slices bread whole-wheat
- 2 teaspoons canola oil
- 3 ounces pepper jack cheese divided thinly sliced
- 1 large onion diced red finely
- 4 servings salt
- 3 ounces sharp cheddar cheese divided thinly sliced
- 2 medium tomatoes sliced

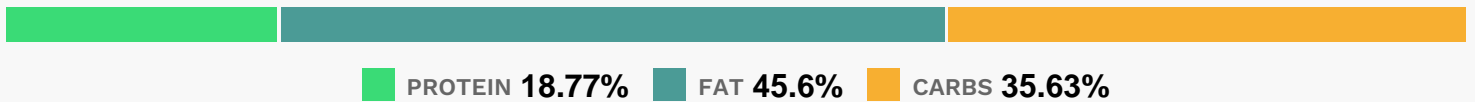
Equipment

- frying pan
- grill

Directions

- Heat oil in a nonstick skillet over medium-high heat. Lower heat to medium.
- Add onions and saute, stirring, until edges are browned, about 10 to 12 minutes. Season with salt and freshly ground black pepper, to taste.
- Place 3/4-ounce Cheddar on 1 slice bread.
- Spread 1 tablespoon caramelized onions on top of cheese and top with 3/4-ounce pepper Jack. Top with 1 large or 2 medium slices tomato and other slice of bread. Repeat with 3 other sandwiches.
- Spray a nonstick skillet or griddle with cooking spray and heat until hot.
- Place sandwich on griddle and weigh down with a heavy skillet or plate. Lower heat to medium-low and grill until underside is a deep brown but not burnt and cheese is partially melted, about 5 to 6 minutes. Flip sandwich and grill other side, an additional 4 to 5 minutes. Slice in half and serve hot.

Nutrition Facts



Properties

Glycemic Index:52.42, Glycemic Load:15.68, Inflammation Score:-7, Nutrition Score:15.527391444082%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 359.5kcal (17.97%), Fat: 18.36g (28.25%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 28.82g (10.48%), Sugar: 6.17g (6.85%), Cholesterol: 40.19mg (13.4%), Sodium: 729.49mg (31.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Manganese: 0.79mg (39.54%), Calcium: 391.98mg (39.2%), Selenium: 25.37µg (36.24%), Phosphorus: 286.92mg (28.69%), Vitamin B2: 0.34mg (19.83%), Vitamin B1: 0.28mg (18.34%), Vitamin A: 891.06IU (17.82%), Vitamin B3: 3.56mg (17.8%), Folate: 70.36µg (17.59%), Zinc: 2.15mg (14.36%), Fiber: 3.47g (13.88%), Iron: 2.44mg (13.55%), Vitamin C: 10.57mg (12.82%), Magnesium: 44.13mg (11.03%), Vitamin K: 10.34µg (9.85%), Vitamin B6: 0.18mg (8.81%), Potassium: 299.83mg (8.57%), Copper: 0.15mg (7.26%), Vitamin B5: 0.68mg (6.82%), Vitamin E: 1.01mg (6.73%), Vitamin B12: 0.4µg (6.7%), Vitamin D: 0.26µg (1.7%)