



Sweet Grilled Cheese

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices processed cheese food
- 2 teaspoons brown sugar
- 2 teaspoons butter softened
- 2 slices bread white

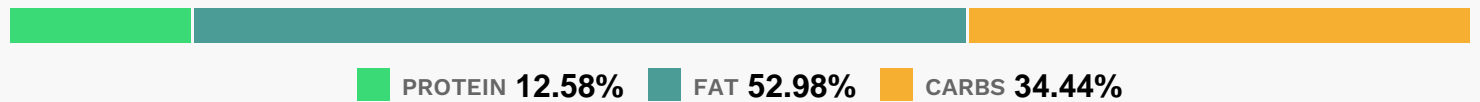
Equipment

- frying pan

Directions

- Heat a skillet over medium heat.
- Spread butter onto one side of a piece of bread and place butter side down in the skillet.
- Place one piece of cheese on top of the bread, then sprinkle with brown sugar. Top with the other slice of cheese. Butter the other slice of bread and place on top with the butter side up. Fry on each side until golden brown, 3 to 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:151.78, Glycemic Load:17.96, Inflammation Score:-5, Nutrition Score:11.749999984451%

Nutrients (% of daily need)

Calories: 392.92kcal (19.65%), Fat: 23.26g (35.78%), Saturated Fat: 13.13g (82.09%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 32.86g (11.95%), Sugar: 11.39g (12.65%), Cholesterol: 63.5mg (21.17%), Sodium: 1006.86mg (43.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.85%), Calcium: 553.44mg (55.34%), Phosphorus: 328.44mg (32.84%), Selenium: 20.28µg (28.97%), Vitamin B1: 0.26mg (17.35%), Manganese: 0.32mg (15.92%), Folate: 59.24µg (14.81%), Vitamin B2: 0.22mg (13.04%), Vitamin A: 647.3IU (12.95%), Vitamin B3: 2.42mg (12.12%), Iron: 2mg (11.13%), Vitamin B12: 0.65µg (10.78%), Zinc: 1.5mg (9.98%), Magnesium: 25.34mg (6.34%), Fiber: 1.15g (4.6%), Vitamin B5: 0.46mg (4.59%), Vitamin E: 0.68mg (4.52%), Copper: 0.09mg (4.25%), Potassium: 126.98mg (3.63%), Vitamin B6: 0.07mg (3.61%), Vitamin K: 1.89µg (1.8%), Vitamin D: 0.25µg (1.68%)