



Sweet Hot Mustard and Jarlsberg Grilled Cheese Recipe

READY IN



45 min.

SERVINGS



1

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup jarlsberg cheese shredded
- 2 teaspoons mustard sweet hot
- 3 ounce pretzel rolls soft (or substitute)
- 1 teaspoon butter unsalted softened

Equipment

Nutrition Facts



■ PROTEIN 17.01% ■ FAT 40.69% ■ CARBS 42.3%

Properties

Glycemic Index:32, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:6.3052173913043%

Nutrients (% of daily need)

Calories: 392.04kcal (19.6%), Fat: 18.15g (27.92%), Saturated Fat: 10.51g (65.7%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 42.02g (15.28%), Sugar: 1.34g (1.48%), Cholesterol: 37.66mg (12.55%), Sodium: 1993.77mg (86.69%), Protein: 17.07g (34.14%), Iron: 15.25mg (84.74%), Calcium: 276.44mg (27.64%), Vitamin A: 401.1IU (8.02%), Vitamin C: 5.79mg (7.01%), Selenium: 3.45µg (4.93%), Manganese: 0.04mg (2.1%), Fiber: 0.43g (1.72%), Vitamin B1: 0.02mg (1.28%), Magnesium: 4.9mg (1.23%), Phosphorus: 12mg (1.2%), Vitamin E: 0.15mg (1.01%)