



Sweet Surprise Grilled Cheese

READY IN



5 min.

SERVINGS



1

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices cinnamon-raisin bread
- 2 singles kraft
- 2 tsp butter

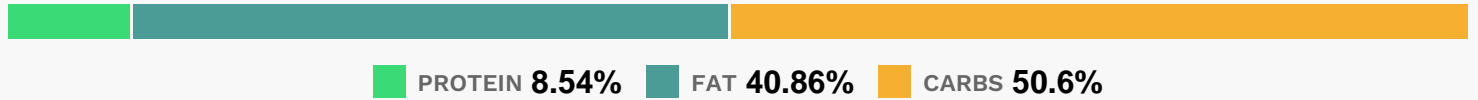
Equipment

- aluminum foil
- microwave

Directions

- Toast bread; spread with margarine.
- Top margarine side of 1 of the toast slices with Singles; cover with remaining toast slice, margarine-side down.
- Microwave on HIGH 20 to 25 sec. or until Singles are melted.
- Cut into triangles. Wrap in foil.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:17.72, Inflammation Score:-4, Nutrition Score:5.9134782889615%

Nutrients (% of daily need)

Calories: 213.03kcal (10.65%), Fat: 9.88g (15.19%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 25.27g (9.19%), Sugar: 3.09g (3.43%), Cholesterol: 0.32mg (0.11%), Sodium: 295.04mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.29%), Selenium: 10.4µg (14.86%), Folate: 55.21µg (13.8%), Manganese: 0.26mg (13.03%), Vitamin B2: 0.22mg (12.71%), Vitamin B1: 0.18mg (11.81%), Vitamin B3: 1.8mg (9.02%), Fiber: 2.24g (8.96%), Iron: 1.51mg (8.38%), Phosphorus: 77.3mg (7.73%), Vitamin A: 379.56IU (7.59%), Copper: 0.1mg (5.15%), Calcium: 51.38mg (5.14%), Potassium: 126.71mg (3.62%), Magnesium: 13.8mg (3.45%), Vitamin E: 0.44mg (2.91%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.21mg (2.09%), Vitamin B6: 0.04mg (1.84%)