



## Taco Grilled Cheese Sandwich

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 slices bread
- 1 tablespoon butter
- 0.5 cup taco seasoned ground beef
- 1 tablespoon guacamole
- 2 tablespoons lettuce shredded
- 2 tablespoons salsa
- 2 slices cheddar shredded (or)
- 1 tablespoon cup heavy whipping cream sour

2 tablespoons tomatoes diced

## Equipment

frying pan

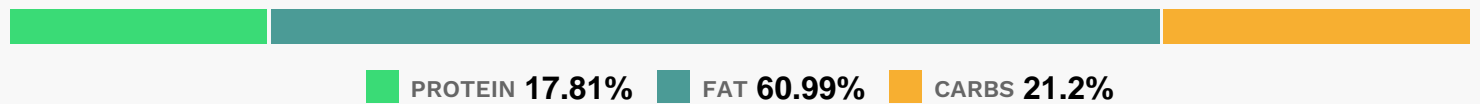
grill

## Directions

Heat a clean pan over medium heat. Butter one side of each slice of bread, place one slice in the pan with buttered side down, top with half of the cheese, the seasoned ground beef, salsa, lettuce, tomato, sour cream, guacamole, the remaining cheese and finally the other slice of bread with buttered side up. Grill until golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Serve with extra salsa, guacamole and/or sour cream for dipping or topping.

## Nutrition Facts



## Properties

Glycemic Index:245.67, Glycemic Load:14.89, Inflammation Score:-7, Nutrition Score:22.413913273293%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 615.03kcal (30.75%), Fat: 41.84g (64.37%), Saturated Fat: 18.16g (113.53%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 28.16g (10.24%), Sugar: 6.31g (7.02%), Cholesterol: 119.06mg (39.69%), Sodium: 662.52mg (28.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.48g (54.97%), Selenium: 34.53µg (49.33%), Vitamin B3: 8.74mg (43.72%), Vitamin B12: 2.48µg (41.29%), Manganese: 0.81mg (40.46%), Zinc: 5.67mg (37.79%), Phosphorus: 302.94mg (30.29%), Vitamin B6: 0.56mg (28.22%), Iron: 4.63mg (25.74%), Vitamin B2: 0.38mg (22.63%), Vitamin B1: 0.33mg (21.79%), Folate: 83.88µg (20.97%), Vitamin A: 1016.82IU (20.34%),

Potassium: 672.13mg (19.2%), Vitamin K: 20.04µg (19.09%), Fiber: 4.56g (18.26%), Magnesium: 58.72mg (14.68%),  
Vitamin B5: 1.42mg (14.21%), Calcium: 138.97mg (13.9%), Vitamin E: 1.88mg (12.51%), Copper: 0.23mg (11.47%),  
Vitamin C: 7.26mg (8.8%)