



The Ultimate Apple Cinnamon Grilled Cheese Sandwich

READY IN



25 min.

SERVINGS



2

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small apples divided cored peeled sliced ()
- ☐ 4 slices brie cheese divided
- ☐ 2 tablespoons butter
- ☐ 4 slices aged cheddar cheese divided
- ☐ 2 purchased cinnamon buns
- ☐ 4 slices deli ham shredded divided ()
- ☐ 2 eggs
- ☐ 0.3 cup milk

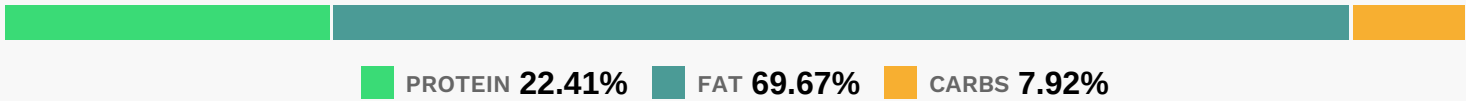
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Slice each bun in half, and place the slices on a work surface. To assemble a sandwich, place the toppings in this order: bottom of cinnamon bun, 1 slice Cheddar cheese, 1 slice of Brie cheese, apple slices, shredded ham, 1 slice of Brie cheese, 1 slice of Cheddar cheese, top of cinnamon bun. Repeat for 2nd sandwich, and gently press each sandwich together.
- ☐ Melt butter in a skillet over medium heat.
- ☐ Whisk eggs and milk together in a bowl.
- ☐ Dip both sides of each sandwich quickly into the egg mixture, and pan-fry the sandwiches until golden brown on each side, about 2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:116.5, Glycemic Load:3.85, Inflammation Score:-7, Nutrition Score:21.083043461261%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 685.66kcal (34.28%), Fat: 53.26g (81.93%), Saturated Fat: 28.85g (180.3%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 11.82g (4.3%), Sugar: 9.97g (11.08%), Cholesterol: 322.16mg (107.39%), Sodium: 1411.33mg (61.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.55g (77.1%), Selenium: 44.68µg (63.83%), Phosphorus: 510.32mg (51.03%), Vitamin B2: 0.83mg (48.95%), Calcium: 417.33mg (41.73%), Vitamin B12: 2.22µg (37.05%), Zinc: 4.61mg (30.77%), Vitamin B1: 0.43mg (28.91%), Vitamin A: 1349.3IU (26.99%), Vitamin B6: 0.49mg (24.61%), Folate: 68.56µg (17.14%), Vitamin B5: 1.63mg (16.32%), Vitamin B3: 2.87mg (14.34%), Vitamin D: 2.09µg (13.94%), Potassium: 461.01mg (13.17%), Magnesium: 43.97mg (10.99%), Vitamin E: 1.53mg (10.18%), Iron: 1.7mg (9.44%), Fiber: 1.79g (7.15%), Copper: 0.12mg (6.02%), Vitamin K: 4.95µg (4.71%), Vitamin C: 3.43mg (4.15%), Manganese: 0.07mg (3.49%)