



The Ultimate Grilled Cheese

 Vegetarian

READY IN



13 min.

SERVINGS



1

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices bread
- 2 singles kraft
- 1 Tbsp miracle whip dressing

Equipment

- frying pan

Directions

- Spread 1 tsp. of the dressing on 1 bread slice. Top with Singles and remaining bread slice.
- Spread outside of sandwich with remaining dressing.
- Cook in nonstick skillet on medium heat 4 min. on each side or until lightly browned on both sides.

Nutrition Facts



Properties

Glycemic Index:58.67, Glycemic Load:14.29, Inflammation Score:-3, Nutrition Score:7.6560869923104%

Nutrients (% of daily need)

Calories: 169.84kcal (8.49%), Fat: 2.99g (4.6%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 26.77g (9.73%), Sugar: 4.99g (5.55%), Cholesterol: 1.76mg (0.59%), Sodium: 416.92mg (18.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Manganese: 0.67mg (33.38%), Selenium: 16.13µg (23.04%), Vitamin B3: 3.13mg (15.65%), Vitamin B1: 0.23mg (15.34%), Folate: 47.6µg (11.9%), Iron: 2.04mg (11.31%), Fiber: 2.55g (10.19%), Phosphorus: 91.5mg (9.15%), Vitamin B2: 0.15mg (8.63%), Calcium: 85.2mg (8.52%), Magnesium: 22.96mg (5.74%), Vitamin B5: 0.46mg (4.59%), Zinc: 0.63mg (4.22%), Copper: 0.08mg (4.14%), Vitamin B6: 0.06mg (3.11%), Vitamin K: 2.74µg (2.61%), Potassium: 91.52mg (2.61%), Vitamin A: 55.48IU (1.11%)