



Tomato Basil Grilled Cheese

 Vegetarian

READY IN



1 min.

SERVINGS



2

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp butter
- 6 cherry tomatoes sliced in half
- 4 basil leaves fresh
- 4 slices singles kraft
- 4 slices bread whole wheat

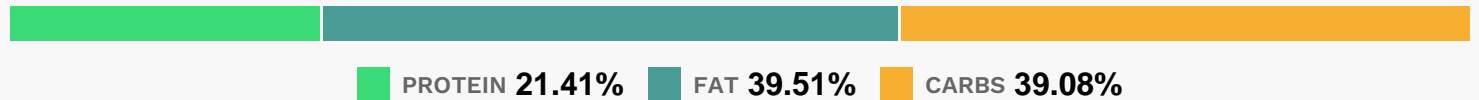
Equipment

- frying pan

Directions

- HEAT a griddle on med-low.
- Spread butter on one side of each of the 4 slices of bread.
- PLACE bread butter side down on the griddle. Top two slices of bread with cheese, basil, and tomatoes. Top these slices of bread with the other two slices to make a sandwich.
- HEAT until bread is golden brown, then flip.
- Heat until the other side is golden brown and cheese is melted, then remove from griddle.
- Serve and enjoy.

Nutrition Facts



Properties

Glycemic Index:94.85, Glycemic Load:14.49, Inflammation Score:-8, Nutrition Score:16.189565240041%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 315.58kcal (15.78%), Fat: 13.99g (21.52%), Saturated Fat: 8.01g (50.07%), Carbohydrates: 31.12g (10.37%), Net Carbohydrates: 27.31g (9.93%), Sugar: 6.56g (7.29%), Cholesterol: 37.25mg (12.42%), Sodium: 894.11mg (38.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.1%), Manganese: 1.26mg (62.92%), Phosphorus: 524.52mg (52.45%), Calcium: 400.75mg (40.08%), Vitamin A: 1557.85IU (31.16%), Selenium: 14.85µg (21.21%), Vitamin B1: 0.24mg (15.89%), Fiber: 3.81g (15.26%), Vitamin C: 11.86mg (14.37%), Zinc: 2.13mg (14.18%), Vitamin B3: 2.77mg (13.83%), Vitamin B2: 0.23mg (13.37%), Magnesium: 48.51mg (12.13%), Potassium: 356.07mg (10.17%), Iron: 1.83mg (10.16%), Vitamin K: 10.11µg (9.63%), Copper: 0.17mg (8.39%), Vitamin B6: 0.16mg (8.15%), Folate: 31.12µg (7.78%), Vitamin E: 0.92mg (6.16%), Vitamin B5: 0.47mg (4.67%)