



Two Cheese Grilled Cheese

READY IN



10 min.

SERVINGS



1

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp butter softened
- 1 singles kraft
- 1 slim cut mozzarella cheese kraft
- 2 slices bread white

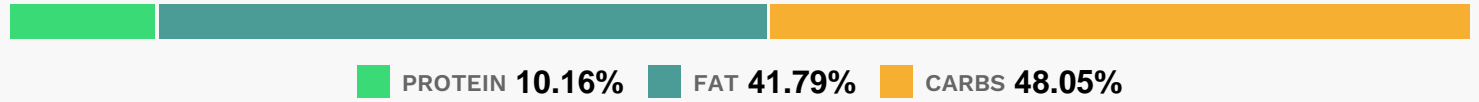
Equipment

- frying pan

Directions

- Fill bread slices with Singles and mozzarella.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:101.78, Glycemic Load:17.54, Inflammation Score:-4, Nutrition Score:6.2086956340658%

Nutrients (% of daily need)

Calories: 207.07kcal (10.35%), Fat: 9.6g (14.76%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 23.67g (8.61%), Sugar: 2.75g (3.05%), Cholesterol: 0.95mg (0.32%), Sodium: 346.39mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin B1: 0.25mg (16.98%), Selenium: 11.77µg (16.81%), Manganese: 0.3mg (14.81%), Folate: 55.66µg (13.92%), Calcium: 120.49mg (12.05%), Vitamin B3: 2.38mg (11.92%), Iron: 1.68mg (9.36%), Vitamin B2: 0.13mg (7.59%), Vitamin A: 365.16IU (7.3%), Phosphorus: 71.43mg (7.14%), Fiber: 1.15g (4.61%), Magnesium: 13.98mg (3.5%), Zinc: 0.49mg (3.29%), Copper: 0.06mg (3.11%), Vitamin B5: 0.28mg (2.77%), Vitamin E: 0.4mg (2.69%), Vitamin B6: 0.05mg (2.36%), Potassium: 65.57mg (1.87%)