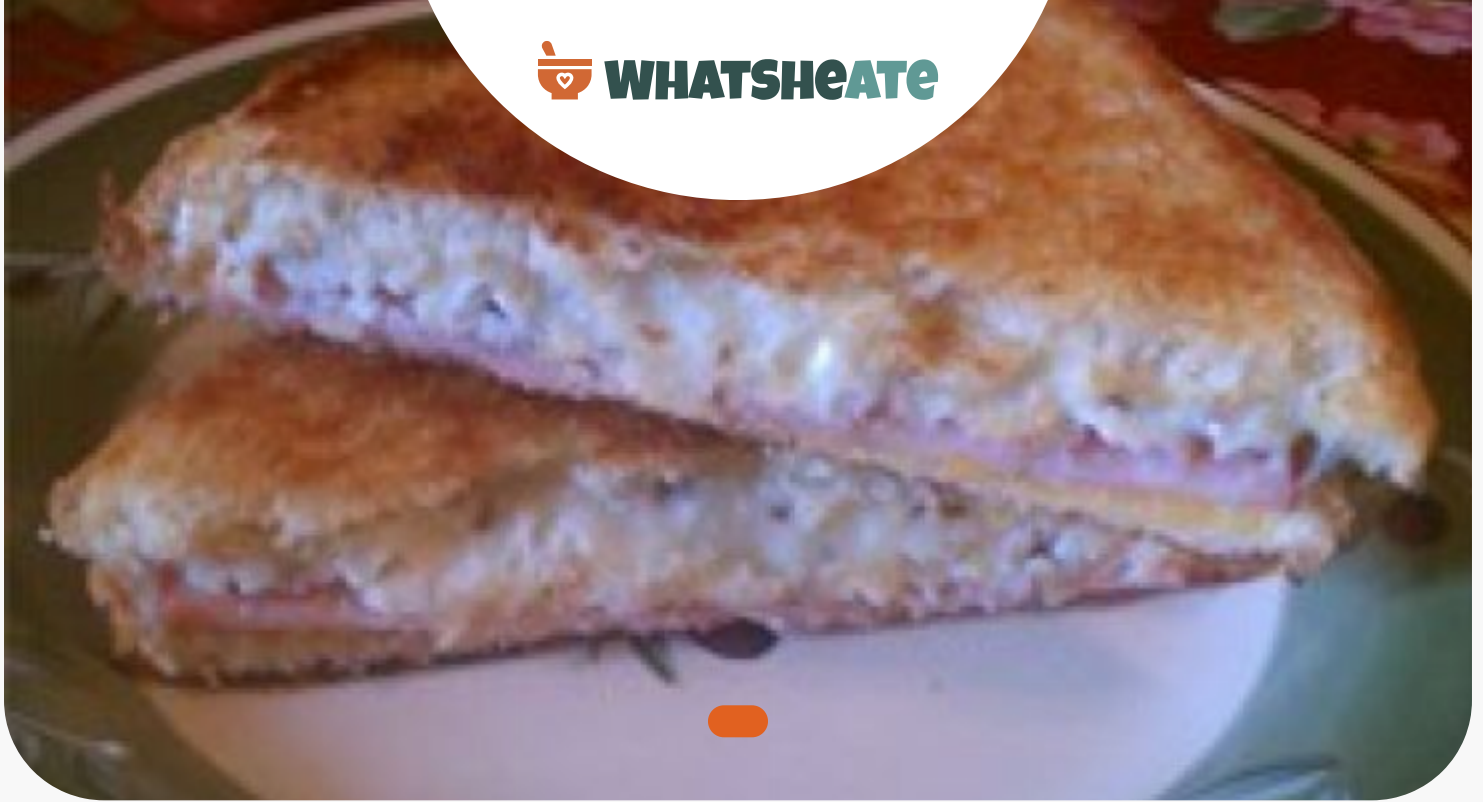




Ultimate Grilled Cheese Sandwich

READY IN



15 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices colby cheese
- ☐ 0.3 cup apples i use 2 granny smith apples finely chopped
- ☐ 4 slices ham thick
- ☐ 0.3 cup butter
- ☐ 1 tablespoon pecans finely chopped
- ☐ 1 tablespoon creamy salad dressing miracle whip® such as
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 8 slices sourdough bread

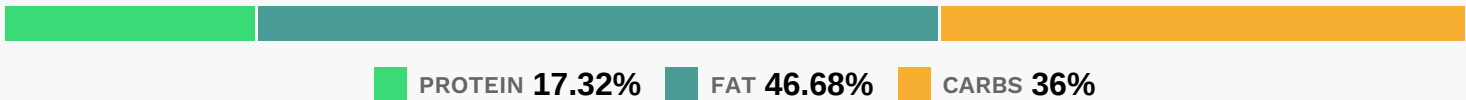
Equipment

☐ frying pan

Directions

- ☐ Stir together the apple, pecans, salad dressing, and sour cream; set aside.
- ☐ Place a slice of Colby cheese onto 4 of the bread slices, the add the ham, followed by the remaining slice of cheese and bread.
- ☐ Spread the margarine on the outside of the sandwiches.
- ☐ Place the sandwiches into a large skillet and cook over medium-high heat until the bread is golden brown on both sides and the cheese has melted, about 3 minutes per side.
- ☐ Spread the apple mixture into the middle of each sandwich before serving.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:51.51, Inflammation Score:-8, Nutrition Score:25.637391424697%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 774.53kcal (38.73%), Fat: 40.32g (62.04%), Saturated Fat: 16.6g (103.72%), Carbohydrates: 69.99g (23.33%), Net Carbohydrates: 66.74g (24.27%), Sugar: 7.6g (8.44%), Cholesterol: 72.33mg (24.11%), Sodium: 1610.71mg (70.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.66g (67.31%), Vitamin B1: 1.11mg (73.74%), Selenium: 51.36µg (73.37%), Vitamin B2: 0.83mg (49.06%), Phosphorus: 464.09mg (46.41%), Calcium: 462.08mg (46.21%), Folate: 169.47µg (42.37%), Manganese: 0.8mg (39.9%), Vitamin B3: 7.52mg (37.59%), Iron:

5.76mg (31.99%), Zinc: 3.83mg (25.52%), Vitamin A: 1089.7IU (21.79%), Magnesium: 65.16mg (16.29%), Vitamin B6: 0.3mg (15.04%), Copper: 0.27mg (13.73%), Fiber: 3.24g (12.97%), Vitamin B12: 0.66µg (11.07%), Potassium: 332.22mg (9.49%), Vitamin E: 1.1mg (7.36%), Vitamin B5: 0.72mg (7.21%), Vitamin K: 4.67µg (4.45%), Vitamin D: 0.53µg (3.55%)