



White Bean Cheddar Melt



Vegetarian



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bread your favorite
- ☐ 1 tablespoon butter
- ☐ 2 ribs celery chopped
- ☐ 15.8 ounce cannellini beans drained canned
- ☐ 0.3 cup mayonnaise
- ☐ 1 pinch salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 cup pkt spinach fresh

☐ 1 tomatoes sliced

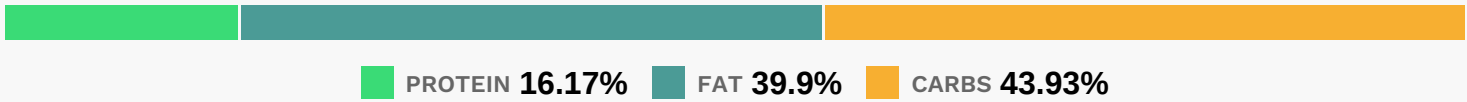
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher
- ☐ grill
- ☐ cutting board

Directions

- ☐ Brush butter on outer side of each slice of bread.
- ☐ Add half of the beans to a bowl and mash gently with a potato masher or the back of a fork. Stir in remaining whole beans.
- ☐ Add in the mayonnaise, celery and salt; mix together.
- ☐ Spread evenly on the inner side of 4 slices of bread.
- ☐ Sprinkle evenly with cheese and top with remaining slices of bread, buttered side facing up.Using a skillet, grill on both sides.
- ☐ Remove from skillet and place on cutting board; carefully pull sandwiches open and layer with spinach and tomato slices.
- ☐ Cut and serve.

Nutrition Facts



Properties

Glycemic Index:71.92, Glycemic Load:14.86, Inflammation Score:-8, Nutrition Score:24.644348268924%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 473.56kcal (23.68%), Fat: 21.28g (32.74%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 41.77g (15.19%), Sugar: 4.45g (4.94%), Cholesterol: 27.53mg (9.18%), Sodium: 504.05mg (21.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Manganese: 1.37mg (68.65%), Vitamin K: 70.66µg (67.3%), Folate: 191.95µg (47.99%), Fiber: 10.93g (43.73%), Selenium: 25.23µg (36.04%), Phosphorus: 341.34mg (34.13%), Vitamin B1: 0.43mg (28.95%), Calcium: 266.48mg (26.65%), Iron: 4.78mg (26.56%), Vitamin A: 1289.56IU (25.79%), Magnesium: 94.48mg (23.62%), Vitamin B3: 4.2mg (21.01%), Copper: 0.4mg (20.08%), Potassium: 698.05mg (19.94%), Vitamin B2: 0.3mg (17.93%), Zinc: 2.23mg (14.86%), Vitamin B6: 0.26mg (12.91%), Vitamin C: 8.51mg (10.31%), Vitamin B5: 0.92mg (9.25%), Vitamin E: 1.13mg (7.5%), Vitamin B12: 0.17µg (2.87%)