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Quick and Easy Grilled Cheese ♦♦

A classic grilled cheese sandwich that is quick and easy to make. It is perfect for a quick lunch or snack.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 slices bread slices

4 slices Cheddar Cheese

2 tbsp butter

Directions

Step 1

Preheating

Preheat a non-stick skillet or griddle over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Preparation

Butter one side of each slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cooking

Place two slices of bread, buttered side down, in the skillet.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Cooking

Add two slices of cheddar cheese on each slice of bread in the skillet.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Cooking

Cover with the remaining slices of bread, buttered side up.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Cooking

Cook for 2-3 minutes on each side, or until the bread is golden brown and the cheese is melted.

Prep Time: 0 mins

Cook Time: 6 mins

Step 7

Resting

Remove from the skillet and let cool for a minute before serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	30 mg	3%	3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Events

Christmas

Barbecue

Cuisines

Middle Eastern

Course

Appetizers

Main Dishes

Side Dishes

Salads

Snacks

Sauces & Dressings

Demographics

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

Healthy For

Gastroesophageal reflux disease (GERD)

Kitchen Tools

Grill

Cooking Method

Simmering

Cooking

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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