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## Roasted Broccoli and Grilled Cheese ♦♦

A delicious vegetarian recipe that combines roasted broccoli with a classic grilled cheese sandwich. The broccoli is seasoned with olive oil, salt, and pepper, then roasted until crispy and golden. The grilled cheese sandwich is made with slices of your favorite cheese and toasted until the cheese is melted and the bread is crispy. This recipe is perfect for a quick and easy lunch or dinner.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

<b>400 g</b>	broccoli
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt

1 tsp pepper

8 slices bread

8 slices cheese

## Directions

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### Step 1

Oven

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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### Step 2

Cut, mixing, roasting

Cut the broccoli into florets and place them on a baking sheet. Drizzle with olive oil, salt, and pepper. Toss to coat evenly.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 3

Roasting

Roast the broccoli in the preheated oven for 15 minutes, or until crispy and golden.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 4

Cut, mixing, grilling

While the broccoli is roasting, prepare the grilled cheese sandwiches. Place a slice of cheese between two slices of bread.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 5

Grilling

Heat a large skillet over medium heat. Place the sandwiches in the skillet and cook for 2-3 minutes on each side, or until the bread is crispy and the cheese is melted.

**Prep Time:** 0 mins

**Cook Time:** 6 mins

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## Step 6

Remove the roasted broccoli from the oven and serve alongside the grilled cheese sandwiches.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 15 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	6 g	15.79%	24%
Sugars	4 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	15 g	53.57%	60%
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	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
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	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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