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## Grilled Cheese Sandwich ♦

A classic sandwich made with melted cheese between two slices of bread, grilled to perfection.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4 slices bread

4 slices cheese

2 tbsp butter

### Directions

## Step 1

### Preheating

Preheat a skillet or griddle over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

### Spreading

Spread butter on one side of each bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

### Placing

Place a slice of cheese on the unbuttered side of two bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

### Topping

Top with the remaining bread slices, buttered side up.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

Grilling

Place the sandwiches in the skillet or griddle and cook for 2-3 minutes on each side, until the bread is golden brown and the cheese is melted.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 6

Resting

Remove from heat and let cool for a minute before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 320 kcal

**Fat:** 15 g

**Protein:** 15 g

**Carbohydrates:** 30 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	30 g	54.55%	60%
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	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	8 iu	0.89%	1.14%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
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%
Iron	10 mg	125%	55.56%
Potassium	150 mg	4.41%	5.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Picnic

### Course

Salads

Snacks

### Cuisines

American

### Kitchen Tools

Stove

### Cultural

Chinese New Year

### Cooking Method

Pickling

Serving

Cooking

None

Stir-frying

Sprinkling

Refrigerating

### Healthy For

Gastroesophageal reflux disease (GERD)

### Meal Type

Lunch

Dinner

### Difficulty Level

Easy

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