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## Colby Jack and Cheddar Grilled Cheese ♦♦

A classic grilled cheese sandwich made with a combination of Colby Jack and Cheddar cheeses. It's a delicious and comforting dish that is perfect for lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g	colby jack cheese
100 g	cheddar cheese
4 pieces	bread slices
20 g	Butter

# Directions

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## Step 1

### Preheating

Preheat a non-stick 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

### Cooking

Place two slices of bread, butter side down, on the skillet or griddle.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 4

Layer Colby Jack and Cheddar cheeses on top of the bread slices.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Cooking

Place the remaining two slices of bread, butter side up, on top of the cheese.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 6

Cooking

Flip the sandwiches and cook for another 2 minutes, or until the bread is golden brown and the cheese is melted.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 7

Resting

Remove from the heat and let the sandwiches rest for a minute before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 35 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	35 g	63.64%	70%
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	40 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	150 mg	4.41%	5.77%
Zinc	6 mg	54.55%	75%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Christmas

Barbecue

### Cuisines

American

### Course

Breads

Salads

Snacks

### Cultural

Chinese New Year

Easter

### Cost

Under \$10

### Demographics

Kids Friendly

### Diet

Zone Diet

Vegetarian Diet

## Healthy For

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Gallstones

Gastroenteritis

Hepatitis

Colorectal cancer

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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