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## Texas Toast Grilled Cheese Sandwich ••

The Texas Toast Grilled Cheese Sandwich is a classic American comfort food. It is made with thick slices of Texas toast bread and filled with gooey melted cheese. This sandwich is perfect for a quick and delicious 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

**4 slices** texas toast bread

**4 slices** Cheddar Cheese

**2 tbsp** Butter

# Directions

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## 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 slice of Texas toast bread.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

### Assembling

Place a slice of cheddar cheese between two slices of Texas toast bread, with the buttered sides facing outwards.

**Prep Time:** 2 mins

**Cook Time:** 4 mins

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## Step 4

### Grilling

Place the sandwiches on the preheated 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:** 6 mins

## Step 5

### Resting

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 450 kcal

**Fat:** 20 g

**Protein:** 20 g

**Carbohydrates:** 45 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	45 g	81.82%	90%
Fibers	2 g	5.26%	8%
Sugars	3 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
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	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	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

**Cuisines**

American

## Course

Salads Snacks

## Events

Picnic

## Kitchen Tools

Grill

## Healthy For

Gastroesophageal reflux disease (GERD)

## Cooking Method

Frying Boiling Simmering Serving Cooking None Stir-frying  
Preheating Sprinkling Heating Preparation Cooling Oven

## Meal Type

Lunch Dinner Snack

## Difficulty Level

Easy

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