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Four-Cheese Grilled Sandwich ♦♦

The Four-Cheese Grilled Sandwich is a delicious and indulgent sandwich that combines the flavors of four different cheeses. It is a classic comfort food that is perfect for any time of the day. The sandwich is made by layering four different types of cheese between two slices of bread and grilling it until the cheese is melted and gooey. The result is a crispy, cheesy, and flavorful sandwich that is sure to satisfy any cheese lover.

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

50 g	Cheddar Cheese
50 g	Swiss cheese
50 g	Gouda Cheese
50 g	Mozzarella Cheese

4 bread slices
pieces

Directions

Step 1

Preheating

Preheat the grill or a non-stick pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread butter on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Place a slice of cheddar cheese, Swiss cheese, Gouda cheese, and mozzarella cheese on the unbuttered side of two bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Covering

Cover the cheese with the remaining two bread slices, buttered side facing up.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Grilling

Place the sandwiches on the grill or pan and cook for 3-4 minutes on each side, until the bread is golden brown and the cheese is melted.

Prep Time: 0 mins

Cook Time: 8 mins

Step 6

Resting

Remove from the heat and let the sandwiches cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 30 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	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	30 g	107.14%	120%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	300 iu	33.33%	42.86%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	500 mg	50%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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