

Grilled Cheese Sandwiches

Recipe Type: Main Dish

Serves: 4

Prep Time: 10 minutes

Cooking Time: 10 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

1 tomato

8 slices whole wheat bread

¼ C shredded low fat cheddar cheese

2 slices low sodium American cheese

½ t low or reduced fat margarine

What to do:

1. Wash your hands.
2. Slice the tomato.
3. Lay down 4 slices of bread.
4. On each slice of bread place:
 - 3 tomato slices
 - 2 T shredded cheese
 - ½ slice American cheese
 - A slice of bread
5. Place the margarine in a skillet.
6. Turn the heat on low and let the margarine melt.
7. Grill each sandwich on both sides until the bread is crisp and brown.
8. Serve warm and enjoy!



This is a picture of 1 serving.

Contains: Milk and Wheat

Nutrition Facts

4 servings per container

Serving size 1 Sandwich
(120g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 320mg 14%

Total Carbohydrate 26g 9%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 189mg 15%

Iron 2mg 10%

Potassium 272mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 2.5