

# Grilled Cheese & Pepperoni Sandwiches

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## Servings: 4

*2 tablespoons butter or margarine  
8 slices white or whole grain bread  
8 slices Cheddar or American cheese  
32 slices Italian Style or regular pepperoni  
1 cup well-drained bottled roasted red pepper strips (or four thin slices of tomato) (optional)*

## Preparation Time: 5 minutes

Spread the butter over one side of the bread. Turn four slices of the bread over onto a sheet of waxed paper. Top each with one slice of cheese, eight slices of pepperoni, and if desired, 1/4 cup of the peppers or tomatoes. Add the remaining one slice of cheese. Close the sandwiches with the remaining bread slices, buttered sides up.

Heat a large nonstick skillet over medium heat. Add two of the sandwiches. Cook for 4 to 5 minutes per side or until the cheese is melted and the sandwiches are golden brown. Repeat with the remaining two sandwiches.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 51 Calories; 6g Fat (99.5% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 16mg Cholesterol; 59mg Sodium. Exchanges: 1 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	51	Vitamin B6 (mg):	0mg
% Calories from Fat:	99.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	trace
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refused:	0.0%

Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	trace
Sodium (mg):	59mg
Potassium (mg):	2mg
Calcium (mg):	2mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	217IU
Vitamin A (r.e.):	53 1/2RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	51	Calories from Fat: 51
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### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	4g	18%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	59mg	2%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	0g	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>	4%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

\* Percent Daily Values are based on a 2000 calorie diet.