

# Italian Grilled Cheese Sandwich

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*www.dashrecipes.com*

## Servings: 1

*2 slices Italian bread*

*olive oil*

*dried oregano*

*Fontina cheese, thinly sliced*

*1 slice salami*

*fresh basil, chopped*

Brush the Italian bread with olive oil. Sprinkle with oregano. Flip the oiled sides down.

Top each slice with Fontina cheese. Add one slice of salami and basil. Sandwich both slices together.

Cook in a nonstick skillet over medium-low heat until the bread browns and the cheese melts, 3 minutes per side.

Per Serving (excluding unknown items): 166 Calories; 6g Fat (33.2% calories from fat); 7g Protein; 21g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 479mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fat.

Sandwiches

## Per Serving Nutritional Analysis

|                                |       |
|--------------------------------|-------|
| Calories (kcal):               | 166   |
| % Calories from Fat:           | 33.2% |
| % Calories from Carbohydrates: | 50.3% |
| % Calories from Protein:       | 16.5% |
| Total Fat (g):                 | 6g    |
| Saturated Fat (g):             | 2g    |
| Monounsaturated Fat (g):       | 2g    |
| Polyunsaturated Fat (g):       | 1g    |
| Cholesterol (mg):              | 15mg  |
| Carbohydrate (g):              | 21g   |
| Dietary Fiber (g):             | 1g    |
| Protein (g):                   | 7g    |
| Sodium (mg):                   | 479mg |

|                     |        |
|---------------------|--------|
| Vitamin B6 (mg):    | trace  |
| Vitamin B12 (mcg):  | .8mcg  |
| Thiamin B1 (mg):    | .2mg   |
| Riboflavin B2 (mg): | .2mg   |
| Folacin (mcg):      | 38mcg  |
| Niacin (mg):        | 3mg    |
| Caffeine (mg):      | 0mg    |
| Alcohol (kcal):     | 0      |
| % Daily Value*      | on on% |

## Food Exchanges

|                 |       |
|-----------------|-------|
| Grain (Starch): | 1 1/2 |
| Lean Meat:      | 1/2   |
| Vegetable:      | 0     |

**Potassium (mg):** 90mg  
**Calcium (mg):** 34mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 166 Calories from Fat: 55

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 6g    | 9%  |
| Saturated Fat              | 2g    | 11% |
| <b>Cholesterol</b>         | 15mg  | 5%  |
| <b>Sodium</b>              | 479mg | 20% |
| <b>Total Carbohydrates</b> | 21g   | 7%  |
| Dietary Fiber              | 1g    | 4%  |
| <b>Protein</b>             | 7g    |     |

|                  |     |
|------------------|-----|
| <b>Vitamin A</b> | 0%  |
| <b>Vitamin C</b> | 5%  |
| <b>Calcium</b>   | 3%  |
| <b>Iron</b>      | 10% |

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