

Tex-Mex Grilled Cheese Sandwich

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Servings: 1

2 slices Texas toast
Monterey Jack cheese, thinly sliced
2 tablespoons refried beans
1/4 avocado, sliced
2 tablespoons salsa
1 tablespoon butter

Place the Texas toast on a work surface.

Top one slice with Monterey Jack cheese.

Spread the other slice with refried beans.

Add the avocado and salsa. Sandwich together.

Melt the butter in a skillet over low heat. Cook the sandwich until the bread browns and the cheese melts, about 5 minutes per side.

Per Serving (excluding unknown items): 425 Calories; 23g Fat (46.3% calories from fat); 9g Protein; 50g Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol; 837mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	425
% Calories from Fat:	46.3%
% Calories from Carbohydrates:	45.1%
% Calories from Protein:	8.6%
Total Fat (g):	23g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	31mg
Carbohydrate (g):	50g
Dietary Fiber (g):	5g
Protein (g):	9g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	8.1mg
Riboflavin B2 (mg):	4.9mg
Folacin (mcg):	63mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	3
Lean Meat:	0

Sodium (mg): 837mg
Potassium (mg): 498mg
Calcium (mg): 35mg
Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 936IU
Vitamin A (r.e.): 157 1/2RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 425 Calories from Fat: 197

% Daily Values*

Total Fat	23g	35%
Saturated Fat	10g	48%
Cholesterol	31mg	10%
Sodium	837mg	35%
Total Carbohydrates	50g	17%
Dietary Fiber	5g	22%
Protein	9g	
Vitamin A		19%
Vitamin C		17%
Calcium		3%
Iron		34%

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