

# Kale Crunch Gilled Cheese Sandwich

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*www.dashrecipes.com*

## Servings: 1

*2 slices multi-grain bread*  
*2 slices reduced-fat Swiss cheese*  
*2 tablespoons roasted red pepper,*  
*chopped*  
*2 tablespoons crumbled kale chips*  
*(storebought or homemade)*  
*olive oil spray*

Top each slice of bread with a slice of Swiss cheese.

Add the red pepper and kale chips.

Sandwich the slices together.

Warm a nonstick skillet over medium-low heat.  
Mist the skillet with cooking spray.

Cook the sandwich until the bread browns and the cheese melts, about 3 minutes per side.

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Per Serving (excluding unknown items): 131 Calories; 2g Fat (14.2% calories from fat); 5g Protein; 25g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 274mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1/2 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	131
% Calories from Fat:	14.2%
% Calories from Carbohydrates:	71.0%
% Calories from Protein:	14.8%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	25g
Dietary Fiber (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	29mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

## Food Exchanges

Grain (Starch):	1 1/2
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**Protein (g):** 5g  
**Sodium (mg):** 274mg  
**Potassium (mg):** 153mg  
**Calcium (mg):** 39mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 24mg  
**Vitamin A (i.u.):** 713IU  
**Vitamin A (r.e.):** 71 1/2RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 131 Calories from Fat: 19

### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	274mg	11%
<b>Total Carbohydrates</b>	25g	8%
Dietary Fiber	4g	15%
<b>Protein</b>	5g	

<b>Vitamin A</b>	14%
<b>Vitamin C</b>	40%
<b>Calcium</b>	4%
<b>Iron</b>	10%

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