

Publix Aprons Grilled Cheese

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Servings: 4

8 slices country potato bread
4 slices provolone cheese
4 slices Swiss cheese
butter-flavored vegetable cooking spray
1/2 teaspoon Montreal steak seasoning

Preheat a two-sided tabletop grill.

Lay out four slices of bread. Add one slice of provolone and one slice of Swiss to each bread slice.

Top each piece of bread with the remaining bread slices. Spray the tops of the sandwiches with cooking spray

Add the sandwiches to the grill, cooking spray side down.

Spray the tops of the sandwiches with cooking spray and sprinkle with steak seasoning.

Close the lid over the tops of the sandwiches and grill for 4 minutes. Serve.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 890 Calories; 66g Fat (67.2% calories from fat); 66g Protein; 7g Carbohydrate; 0g Dietary Fiber; 195mg Cholesterol; 1451mg Sodium. Exchanges: 8 Lean Meat; 7 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 890 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 67.2% | Vitamin B12 (mcg): | 3.8mcg |
| % Calories from Carbohydrates: | 3.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 29.8% | Riboflavin B2 (mg): | .8mg |
| Total Fat (g): | 66g | Folacin (mcg): | 21mcg |
| Saturated Fat (g): | 43g | Niacin (mg): | trace |

Monounsaturated Fat (g): 18g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 195mg
Carbohydrate (g): 7g
Dietary Fiber (g): 0g
Protein (g): 66g
Sodium (mg): 1451mg
Potassium (mg): 308mg
Calcium (mg): 2087mg
Iron (mg): 1mg
Zinc (mg): 9mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2034IU
Vitamin A (r.e.): 610RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 8
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 890 **Calories from Fat:** 598

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 66g | 102% |
| Saturated Fat | 43g | 214% |
| Cholesterol | 195mg | 65% |
| Sodium | 1451mg | 60% |
| Total Carbohydrates | 7g | 2% |
| Dietary Fiber | 0g | 0% |
| Protein | 66g | |
| Vitamin A | | 41% |
| Vitamin C | | 0% |
| Calcium | | 209% |
| Iron | | 5% |

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