

# Grilled Cheese Sandwich

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 ea

**Portion** 1 ea

**Num Portions** 1

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 1 ea

Servings Per Container 1

Amount Per Serving

**Calories** 480 Calories From Fat 192

% Daily Value

**Total Fat** 21g 32%

Saturated Fat 10g 45%

**Cholesterol** 50mg 17%

**Sodium** 960mg 40%

**Total Carbohydrates** 50g 17%

Dietary Fiber 6g 26%

**Protein** 18g

Vitamin A 16% Vitamin C 0%

Calcium 24% Iron 20%

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

## Nutrition Descriptors

High in Calcium

High in Iron

High in Fiber

High in Protein

Good Source of Vitamin A

Good Source of Carbohydrates