

Grilled Cheese with Tomato, Peppers and Basil

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Per serving: 317 Calories • 26.6g Carbs (4.3g Fiber) • 17.3g Fat • 14.4g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 dash **Pepper** (0.10 grams)
- 1 dash **Salt** (0.40 grams)
- 1 large whole (3" dia) **Tomatoes** (182 grams)
- 8 slice **Whole-wheat bread** (224 grams)
- 2 pepper **Serrano pepper** (12.2 grams)
- 4 slice (1 oz) **Cheddar cheese** (112 grams)
- 2 tsp, ground **Basil** (2.8 grams)
- 2 tbsp **Butter** (28.4 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Slice tomato, thinly slice and remove seeds from pepper.
2. Butter one side of each slice of bread, and place 4 of the slices butter-side down on a griddle over medium heat.
3. On each piece of bread, place one slice of cheese, 1 slice of tomato, and a few slices of serrano pepper. Sprinkle dried basil and salt and pepper to taste. Top each sandwich with a slice of buttered bread, butter-side up.
4. Grill sandwiches until golden brown, about 2 to 3 minutes each side.