

# Grilled Cheese Sandwich (LR100086)

Allergens: Contains Milk, Soy, Wheat;  
 Number of Servings: 1 Serving Size: 1 sandwich  
 Moisture gain/loss%: 0.0000 Yield: 4 3/4 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Bread, Whole Grain White Texas Toast, Nickles, 1105, WGR SI105362	2 Slice
				160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese 119047	2 Ounce
				Buttermist Oil , Pan Coating Butter Flavor Aerosol Spray LI100032	1 Gram

**Preparation Instructions**  
 ◦ 4 Slices

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	28.26	14.16	47.30	25.08	4.973

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
240.651	7.556	3.787	0	22.718	617.24	28.458	2.992	2.992(M)	15.09	1.077	1171.61	1622.77	0	(M)	(M)

**Nutrients per serving (133.7 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
321.75	10.102	5.063	0	30.374	825.25	38.048	4	4(M)	20.175	1.44	1566.44	2169.65	0	(M)	(M)

(M) Indicates missing values.  
 1 Trans Fat is provided for informational purposes, not for monitoring purposes.