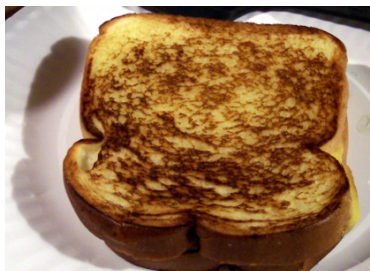




**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Apple Grilled Cheese



Serves: 4

Serving Size: 1 sandwich

Ingredients:

- 8 slices cinnamon raisin or whole-wheat bread
- 2 Tablespoons soft margarine or butter
- 4 slices cheese
- 2 small apples, thinly sliced

Directions:

1. Wash hands.
2. Spread 1 side of each bread slice lightly with margarine.
3. Place 4 slices of bread, margarine side down and top each with 1 cheese slice.
4. Arrange fruit slices over the cheese. Top with remaining bread slices, margarine side up.
5. Place sandwiches on a griddle or skillet over medium heat. Cook 2 to 3 minutes, flip and cook 2 to 3 more minutes or until golden brown and cheese is melted.

Recipe information taken from Iowa State University Extension *Spend Smart. Eat Smart.* Program

Nutrition Facts

4 servings per recipe

Serving size 1 sandwich (157g)

Amount Per Serving

Calories **310**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 13g | 17% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 1g | |
| Cholesterol 15mg | 5% |
| Sodium 510mg | 22% |
| Total Carbohydrate 39g | 14% |
| Dietary Fiber 4g | 14% |
| Total Sugars 21g | |
| Includes 0g Added Sugars | 0% |
| Protein 9g | 18% |
| Vitamin D 0mcg | 0% |
| Calcium 260mg | 20% |
| Iron 3.6mg | 20% |
| Potassium 0mg | 0% |
| Vitamin A | 10% |
| Vitamin C | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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