



3.4  
★★★★☆

Cheesy on the inside and golden, crusty on the outside.

## Grilled Cheese Sandwich PREP

Serving Size 1 Sandwich **Carbs: 31.24**  
Served on Mon, 02/09/2026

### Allergens



Wheat



Soy



Gluten



Dairy



Corn

### Nutrients

Protein (gm)	14.22
Fiber (gm)	3.00
Carbohydrate (gm)	31.24
Saturated Fat (gm)	7.74
Total Fat (gm)	14.21
Calories	305.58

### Ingredients

dextrose | soy oil | salt

wheat flour | mono and diglycerides |  
calcium stearoyl lactylate

wheat gluten | calcium sulfate | diacetyl  
tartaric



### Disclaimer

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