

# Simple Italian Grilled Cheese Sandwich (Vegan)

Yield: 1 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-grilled-cheese-sandwich-recipe>

## Ingredients:

- 2 slices bread
- 2 tablespoons vegan butter softened
- 1 tablespoon vegan Parmesan
- 1 ounce mozzarella cheese vegan
- 2 slices tomato
- 2 fresh basil leaves
- 1 pinch italian seasoning
- Fresh ground pepper, to taste Fresh, to taste

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 530 milligrams
9. Sugar: 4 grams

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