

# Grilled Cheese Kitty Face Sandwich

## Ingredients:

2 whole wheat thin sliced bread  
 ¼ cup shreds cheddar cheese substitute  
 ½ oz baby spinach (approx. 10 leaves)  
 ½ cup vegetables (cucumber, carrot, olives, bell pepper)



## Servings: 1

## Instructions:

Finely shred spinach leaves, mix spinach with cheese.

Place spinach and cheese mixture on bread and grill.

Cut vegetables as shown on picture. Let your kid have fun recreating a kitty face on sandwich!



## Nutrition Facts

1 servings per container  
 Serving size 1 sandwich

Amount per serving  
**Calories 230**

% Daily Value\*

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 480mg 21%

Total Carbohydrate 35g 13%

Dietary Fiber 6g 21%

Total Sugars 5g

Includes 2g Added Sugars 4%

**Protein 9g**

Vitamin D 0mcg 0%

Calcium 137mg 10%

Iron 2mg 10%

Potassium 35mg 0%

\*The % Daily Value 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.