



Three-Cheese Grilled Cheese



Entire recipe: 240 calories, 10.5g total fat (4.5g sat fat), 886mg sodium, 24g carbs, 5g fiber, 4.5g sugars, 13g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 8*

Prep: 5 minutes **Cook:** 5 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1 wedge The Laughing Cow Light Creamy Swiss cheese
- 1 tbsp. reduced-fat Parmesan-style grated topping
- 2 slices light bread
- 1 slice 2% milk American cheese
- 2 tsp. light whipped butter or light buttery spread (like Brummel & Brown)
- 2 dashes garlic powder

Directions

In a small bowl, mix cheese wedge with Parm-style topping until uniform.

Lay bread slices flat, and spread both with cheese wedge mixture. Top one slice with American cheese, and top with the other bread slice, cheesy side down. Spread the top of the sandwich with 1 tsp. butter, and sprinkle with a dash of garlic powder.

Bring a skillet sprayed with nonstick spray to medium heat. Place sandwich in the skillet, buttered side down. Spread the top with remaining 1 tsp. butter and sprinkle with remaining dash of garlic powder.

Cook until bread is lightly browned and cheese has melted, about 2 minutes per side.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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