

# low fodmap mediterranean grilled cheese

Author: Em Schwartz, MS, RDN    Total Time: 15 minutes    Yield: 1 1x  
Diet: Low Lactose

These 7-ingredient Low FODMAP Mediterranean Grilled Cheese Sandwiches are made using **low FODMAP bread** and filled with tomato, spinach, olives, and two types of low FODMAP cheese.

## INGREDIENTS

- 2 teaspoons butter
- 2 slices **low FODMAP bread**, such as Schär Deli Style Seeded Bread
- 2 Roma tomato slices
- ¼ cup spinach leaves
- 2 tablespoons pitted Kalamata olives
- 1 ounce (28 grams) sliced fresh mozzarella
- 1 tablespoon (10 grams) feta cheese

## INSTRUCTIONS

1. Spread butter evenly onto both sides of each piece of **low FODMAP bread**.
2. To one slice of bread, add the tomato slices, spinach, olives, mozzarella, and feta. Finish with the second slice of bread.
3. Preheat sandwich press (or skillet over medium heat). Once hot, grill the sandwich (or cook in the skillet, flipping after 2-3 minutes per side) until bread is golden brown and cheese is melted.
4. Serve warm.

Serves 1  
Calories Per Serving: **444**

						% DAILY VALUE
Total Fat 25.6g	33%	Total Carbohydrate 33.6g	12%	Dietary Fiber 4.3g	15%	Protein 20.5g 41%



Find it online: <https://funwithoutfodmaps.com/low-fodmap-mediterranean-grilled-cheese/>