



Avocado-Bacon Grilled Cheese

READY IN



20 min.

SERVINGS



20

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices avocado thin
- 4 slice oscar mayer bacon cooked
- 2 singles kraft
- 2 tsp butter softened
- 2 Tbsp miracle whip dressing
- 2 Tbsp taco bellâ® & chunky salsa thick
- 4 slice texas toast sandwich bread white
- 1 tomatoes cut into 4 slices

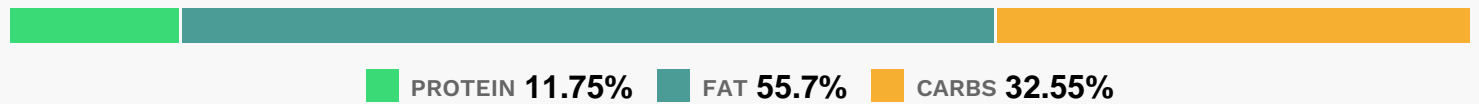
Equipment

grill

Directions

- Heat greased grill to medium-low heat.
- Fill bread slices with Singles, bacon, tomatoes and avocados to make 2 sandwiches.
- Spread outsides of sandwiches with margarine.
- Grill 2 to 3 min. on each side or until Singles are melted and sandwiches are grill marked. Meanwhile, mix dressing and salsa.
- Serve sandwiches with dressing mixture.

Nutrition Facts



Properties

Glycemic Index:7.64, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:1.1973913179144%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 38.83kcal (1.94%), Fat: 2.41g (3.7%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.89g (1.05%), Sugar: 0.67g (0.75%), Cholesterol: 3.06mg (1.02%), Sodium: 83.45mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Selenium: 2.06µg (2.95%), Vitamin B1: 0.04mg (2.71%), Vitamin B3: 0.48mg (2.38%), Manganese: 0.04mg (1.98%), Folate: 6.79µg (1.7%), Vitamin A: 82.07IU (1.64%), Phosphorus: 15.31mg (1.53%), Calcium: 12.87mg (1.29%), Vitamin B6: 0.03mg (1.26%), Iron: 0.21mg (1.19%), Vitamin C: 0.91mg (1.1%), Fiber: 0.27g (1.09%), Vitamin B2: 0.02mg (1.07%), Potassium: 36.45mg (1.04%)