



Bacon and Cheese Melts with Garlicky Watercress

READY IN



45 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 8 large garlic cloves sliced
- ☐ 0.3 pound gruyère cheese thinly sliced
- ☐ 1.5 pounds bacon lean thin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 slices pumpernickel bread (1/)
- ☐ 2 teaspoons red wine vinegar
- ☐ 4 servings salt and pepper freshly ground

- ☐ 0.3 cup water
- ☐ 4 cups watercress

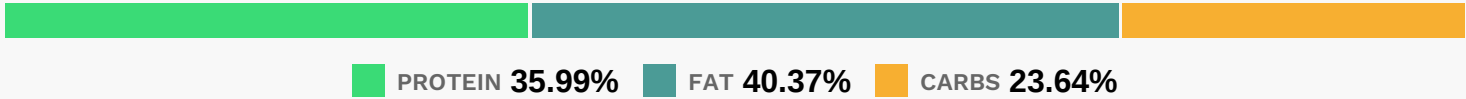
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 40
- ☐ In a large skillet, cook half of the bacon over moderate heat, turning once, until crisp, about 6 minutes.
- ☐ Drain on paper towels. Repeat with the remaining bacon.
- ☐ In a medium skillet, bring the water and olive oil to a simmer.
- ☐ Add the garlic in an even layer, cover and cook over moderate heat until the water has evaporated, about 5 minutes. Uncover and cook over moderate heat, undisturbed, until the garlic begins to turn golden, about 5 minutes longer. As the garlic colors, transfer it to a plate.
- ☐ Pour 1 tablespoon of the garlic oil into a medium bowl.
- ☐ Whisk in the mustard and vinegar and season with salt and pepper.
- ☐ Arrange the bread on a baking sheet and top each slice with 4 slices of bacon. Cover the bacon with the cheese.
- ☐ Bake for 4 minutes, until the bacon is sizzling and the cheese is melted.
- ☐ Add the watercress and the garlic slices to the dressing in the bowl and toss well. Mound the watercress on 4 of the cheese melts and close the sandwiches; cut in half and serve.
- ☐ Notes: Beer Recommendation: A lush, malty beer will match the earthiness of the bread and the creaminess of the cheese. Choose one with a slightly bitter edge, such as Paulaner Salvator Doppelbock from Germany or Fuller's India Pale Ale from England.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:15.35, Inflammation Score:-8, Nutrition Score:20.296521824339%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg

Nutrients (% of daily need)

Calories: 554.36kcal (27.72%), Fat: 25.09g (38.61%), Saturated Fat: 9.69g (60.54%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 28.5g (10.36%), Sugar: 0.6g (0.67%), Cholesterol: 31.18mg (10.39%), Sodium: 4223.13mg (183.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.33g (100.65%), Vitamin K: 90.63µg (86.32%), Manganese: 1.04mg (51.77%), Calcium: 383.87mg (38.39%), Phosphorus: 317.91mg (31.79%), Selenium: 21.8µg (31.14%), Vitamin A: 1356.01IU (27.12%), Vitamin C: 16.51mg (20.02%), Vitamin B2: 0.32mg (19.02%), Fiber: 4.56g (18.25%), Vitamin B1: 0.27mg (18.24%), Folate: 65.77µg (16.44%), Zinc: 2.18mg (14.52%), Magnesium: 54.86mg (13.71%), Copper: 0.24mg (12.07%), Iron: 2.15mg (11.93%), Vitamin E: 1.71mg (11.4%), Vitamin B6: 0.22mg (11.18%), Vitamin B3: 2.13mg (10.66%), Potassium: 297.18mg (8.49%), Vitamin B12: 0.45µg (7.56%), Vitamin B5: 0.57mg (5.67%), Vitamin D: 0.17µg (1.13%)