



HEALTH SCORE

66%

## Bacon and Fried Green Tomato Pimento Grilled Cheese



Very Healthy



Popular

READY IN



30 min.

SERVINGS



1

CALORIES



2609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 serving bacon grease for frying
- ☐ 2 slices bread
- ☐ 1 tablespoon butter
- ☐ 0.5 cup buttermilk
- ☐ 2 strips bacon cooked
- ☐ 0.3 cup cornmeal
- ☐ 2 ounces cream cheese room temperature

- ☐ 1 medium tomatoes green sliced
- ☐ 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal (corn flour)
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup creamy pimienta cheese (see below)
- ☐ 4 ounce pimientos diced drained
- ☐ 1 serving salt to taste
- ☐ 1 serving salt and pepper to taste
- ☐ 0.5 pound cheddar shredded
- ☐ 1 teaspoon worcestershire sauce

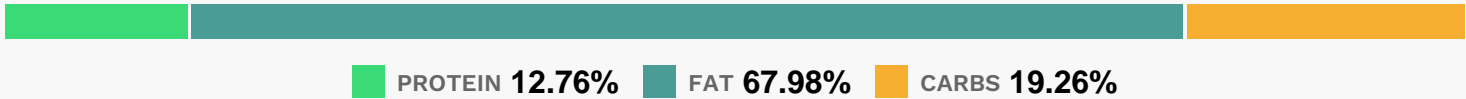
## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Soak the green tomato slices in the buttermilk for at least 30 minutes at room temperature.Cook the bacon and set it aside on paper towels to drain.
- ☐ Mix the masa harina, cornmeal and creole seasoning and place it in a wide and shallow dish.Pull the tomato slices out of the buttermilk and dredge them in the cornmeal mixture.Fry the tomato slices in oil over medium heat until golden brown on both sides, about 3-4 minute per side and set aside to drain on paper towels.
- ☐ Heat a pan over medium heat.Butter the outside side of each slice of bread, place one slice in a pan buttered side down, spread on half of the cheese, then top with the the fried green tomato slices and bacon followed by the remaining cheese and slice of bread, buttered side up.Cook until golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

## Nutrition Facts



## Properties

Glycemic Index:421.17, Glycemic Load:38.29, Inflammation Score:-10, Nutrition Score:64.303913614024%

Nutrients (% of daily need)

Calories: 2609.08kcal (130.45%), Fat: 194.93g (299.89%), Saturated Fat: 84.96g (531%), Carbohydrates: 124.25g (41.42%), Net Carbohydrates: 111.4g (40.51%), Sugar: 33.34g (37.05%), Cholesterol: 431.43mg (143.81%), Sodium: 4110.32mg (178.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.3g (164.61%), Calcium: 2383.58mg (238.36%), Vitamin A: 10231.07IU (204.62%), Vitamin C: 158.4mg (192%), Phosphorus: 1574.84mg (157.48%), Selenium: 106.64µg (152.35%), Vitamin K: 129.34µg (123.18%), Vitamin B2: 1.97mg (116.09%), Zinc: 12.43mg (82.9%), Vitamin B1: 1.12mg (74.39%), Manganese: 1.4mg (69.91%), Vitamin B6: 1.25mg (62.49%), Vitamin B12: 3.35µg (55.77%), Vitamin B3: 10.77mg (53.83%), Iron: 9.67mg (53.7%), Folate: 206.36µg (51.59%), Fiber: 12.85g (51.4%), Magnesium: 203.23mg (50.81%), Vitamin E: 7.37mg (49.16%), Potassium: 1386.12mg (39.6%), Vitamin B5: 3.38mg (33.83%), Copper: 0.58mg (28.93%), Vitamin D: 3.1µg (20.68%)