



Bacon & Cheese Griller

 Dairy Free

READY IN



16 min.

SERVINGS



16

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon thick cut cooked cut in half
- 2 tsp grey poupon savory honey mustard
- 2 deli deluxe process american cheese kraft
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 4 slices sourdough bread

Equipment

- frying pan

Directions

- Fill bread slices with cheese and bacon to make 2 sandwiches.
- Mix mayo and mustard; spread onto outsides of sandwiches.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



PROTEIN 14.4% **FAT 39.61%** **CARBS 45.99%**

Properties

Glycemic Index:6.72, Glycemic Load:6.43, Inflammation Score:-1, Nutrition Score:2.6217390933762%

Nutrients (% of daily need)

Calories: 77.44kcal (3.87%), Fat: 3.4g (5.22%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 8.52g (3.1%), Sugar: 0.99g (1.1%), Cholesterol: 5.88mg (1.96%), Sodium: 187.57mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Selenium: 6.06µg (8.65%), Vitamin B1: 0.13mg (8.44%), Folate: 19.96µg (4.99%), Vitamin B3: 0.95mg (4.77%), Vitamin B2: 0.08mg (4.59%), Manganese: 0.09mg (4.28%), Phosphorus: 40.37mg (4.04%), Iron: 0.66mg (3.68%), Calcium: 36.08mg (3.61%), Zinc: 0.29mg (1.91%), Magnesium: 6.38mg (1.59%), Vitamin B6: 0.03mg (1.53%), Fiber: 0.35g (1.41%), Copper: 0.03mg (1.39%), Vitamin K: 1.12µg (1.07%), Vitamin B12: 0.06µg (1.03%)