



Bacon Double Cheeseburger Grilled Cheese Sandwich

♥ Popular

READY IN



25 min.

SERVINGS



1

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon cut into 1 inch pieces
- ☐ 2 slices bread
- ☐ 1 tablespoon butter
- ☐ 1 clove garlic chopped
- ☐ 0.3 pound ground beef
- ☐ 1 tablespoon catsup
- ☐ 0.3 cup lettuce shredded

- ☐ 1 teaspoon mustard
- ☐ 0.5 small onion diced
- ☐ 1 tablespoon pickle diced
- ☐ 0.3 cup cheddar shredded
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 1 serving steak seasoning to taste
- ☐ 0.3 cup tomatoes diced
- ☐ 0.5 teaspoon worcestershire sauce

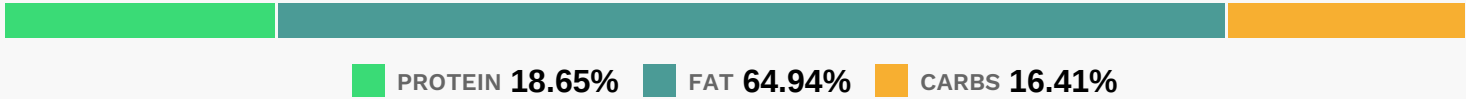
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook the bacon in a pan over medium heat, set aside on paper towels to drain reserving 1 teaspoon of grease in the pan and the rest elsewhere.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the ground beef and cook draining any grease when done.
- ☐ Mix in the ketchup, mustard, worcestershire sauce, salt and pepper, simmer to reduce, remove from heat and set aside.
- ☐ Heat a clean pan over medium heat.Butter the outside side of each slice of bread, place one slice in a pan buttered side down, sprinkle on half of the cheese, then top with the the bacon, beef, lettuce, tomato and pickle 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:321.67, Glycemic Load:16.15, Inflammation Score:-8, Nutrition Score:30.933043417723%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 974.57kcal (48.73%), Fat: 70.29g (108.15%), Saturated Fat: 31.3g (195.63%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 36g (13.09%), Sugar: 10.2g (11.34%), Cholesterol: 190.02mg (63.34%), Sodium: 1631.36mg (70.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.43g (90.86%), Selenium: 57.32µg (81.88%), Vitamin B12: 3.61µg (60.14%), Phosphorus: 587.38mg (58.74%), Zinc: 7.97mg (53.15%), Vitamin B3: 10.33mg (51.64%), Calcium: 474.26mg (47.43%), Manganese: 0.9mg (44.92%), Vitamin B2: 0.62mg (36.35%), Vitamin B6: 0.72mg (36.22%), Vitamin B1: 0.48mg (32.07%), Iron: 5.19mg (28.85%), Vitamin A: 1351.16IU (27.02%), Potassium: 785.69mg (22.45%), Folate: 84.52µg (21.13%), Magnesium: 76.41mg (19.1%), Vitamin K: 17.6µg (16.76%), Fiber: 3.97g (15.88%), Vitamin B5: 1.58mg (15.84%), Copper: 0.26mg (12.92%), Vitamin C: 10.58mg (12.83%), Vitamin E: 1.85mg (12.33%), Vitamin D: 0.57µg (3.81%)