



WHATSheATE



Bacon Guacamole Grilled Cheese Sandwich

🤍 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 1 tablespoon butter room temperature
- ☐ 2 tablespoons guacamole room temperature
- ☐ 0.5 cup jack and cheddar cheese shredded
- ☐ 2 slices dough bread sour
- ☐ 1 tablespoon tortilla chips crumbled

Equipment

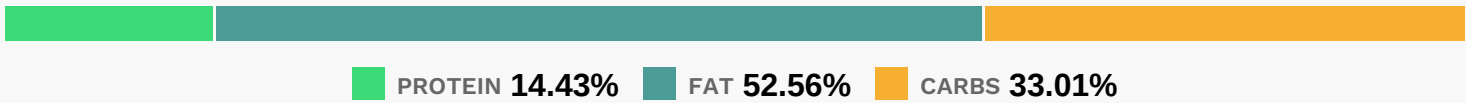
- ☐ paper towels

grill

Directions

Cook the bacon until crispy and set aside on paper towels to drain.Butter one side of each slice of bread, sprinkle half of the cheese onto the unbuttered side of one slice of bread followed by the guacamole, bacon, tortilla chips, the remaining cheese and finally top with the remaining slice of bread with the buttered side up.Grill over medium heat until golden brown and the cheese has melted, about 2–3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:197.5, Glycemic Load:51.55, Inflammation Score:-8, Nutrition Score:28.633478268333%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 962.16kcal (48.11%), Fat: 56.65g (87.16%), Saturated Fat: 25.59g (159.94%), Carbohydrates: 80.06g (26.69%), Net Carbohydrates: 74.37g (27.04%), Sugar: 6.52g (7.25%), Cholesterol: 109.43mg (36.47%), Sodium: 1541.53mg (67.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.01g (70.02%), Selenium: 54.56µg (77.94%), Vitamin B1: 1.08mg (72.06%), Calcium: 513mg (51.3%), Vitamin B2: 0.86mg (50.47%), Phosphorus: 501.37mg (50.14%), Folate: 194.91µg (48.73%), Vitamin B3: 8.66mg (43.31%), Manganese: 0.73mg (36.29%), Iron: 5.99mg (33.28%), Zinc: 3.96mg (26.4%), Fiber: 5.69g (22.77%), Magnesium: 83.19mg (20.8%), Vitamin B6: 0.41mg (20.26%), Vitamin A: 846.33IU (16.93%), Copper: 0.3mg (15.22%), Vitamin B5: 1.41mg (14.12%), Vitamin E: 2.09mg (13.96%), Potassium: 463.27mg (13.24%), Vitamin K: 12.89µg (12.28%), Vitamin B12: 0.71µg (11.88%), Vitamin C: 3.1mg (3.76%), Vitamin D: 0.51µg (3.43%)