



Bacon Jam and Avocado Grilled Cheese Sandwich with Fried Egg

♥ Popular

READY IN



20 min.

SERVINGS



1

CALORIES



1068 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium avocado sliced room temperature
- ☐ 0.5 teaspoon bacon grease
- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature
- ☐ 1 eggs
- ☐ 2 tablespoons bacon jam
- ☐ 1 cup cheddar shredded room temperature

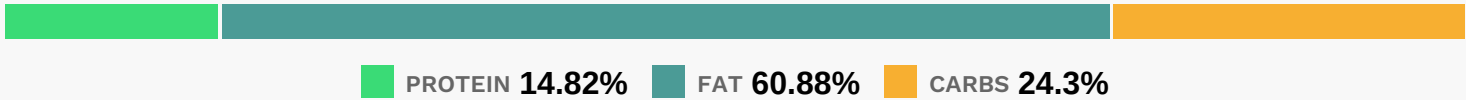
Equipment

☐ frying pan

Directions

☐ Heat the bacon grease in a pan over medium heat, add the egg and fry sunny side up, about 2–3 minutes and set aside. Butter the outside side of each slice of bread, spread the bacon jam on the inside, place one slice in the pan buttered side down, sprinkle on half of the cheese, then top with avocado, fried egg and the remaining cheese followed by the remaining 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:230.67, Glycemic Load:30.69, Inflammation Score:-9, Nutrition Score:35.204348066579%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 1067.72kcal (53.39%), Fat: 73.29g (112.75%), Saturated Fat: 33.58g (209.9%), Carbohydrates: 65.82g (21.94%), Net Carbohydrates: 56.4g (20.51%), Sugar: 23.82g (26.46%), Cholesterol: 308.68mg (102.89%), Sodium: 1179.23mg (51.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.14g (80.28%), Calcium: 916.97mg (91.7%), Selenium: 62.96µg (89.94%), Phosphorus: 740.12mg (74.01%), Vitamin B2: 1.01mg (59.2%), Folate: 178.24µg (44.56%), Manganese: 0.85mg (42.49%), Zinc: 5.98mg (39.86%), Fiber: 9.41g (37.65%), Vitamin A: 1867.57IU (37.35%), Vitamin B5: 3.02mg (30.2%), Vitamin B12: 1.61µg (26.89%), Vitamin K: 27.67µg (26.36%), Vitamin E: 3.88mg (25.87%), Vitamin B3: 4.99mg (24.96%), Vitamin B6: 0.48mg (24.08%), Vitamin B1: 0.35mg (23.66%), Magnesium: 89.78mg (22.44%), Potassium: 748.28mg (21.38%), Iron: 3.72mg (20.66%), Copper: 0.38mg (19.14%), Vitamin C: 13.68mg (16.58%), Vitamin D: 1.61µg (10.72%)