



## Bacon-Mushroom Melt

READY IN



15 min.

SERVINGS



2

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup baby arugula loosely packed
- 2 slices oscar mayer bacon cooked
- 0.5 cup mushrooms fresh sliced
- 2 singles kraft
- 4 slices multi-grain bread
- 1 Tbsp butter unsalted divided softened

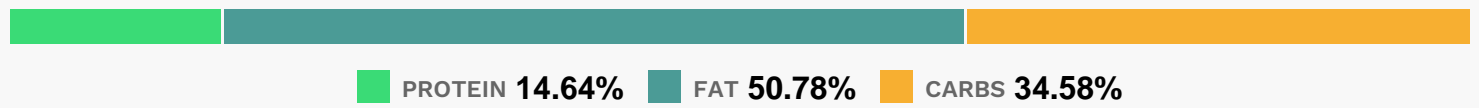
### Equipment

- frying pan

## Directions

- Melt 1 tsp. butter in large skillet on medium-high heat.
- Add mushrooms; cook and stir 5 to 6 min. or until tender.
- Remove from skillet.
- Fill bread slices with mushrooms and remaining ingredients to make 2 sandwiches.
- Spread outsides of sandwiches with remaining butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:66.85, Glycemic Load:14.67, Inflammation Score:-4, Nutrition Score:12.441739227461%

## Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 292.27kcal (14.61%), Fat: 16.59g (25.52%), Saturated Fat: 7g (43.77%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 21.77g (7.92%), Sugar: 3.07g (3.41%), Cholesterol: 29.94mg (9.98%), Sodium: 413.28mg (17.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Manganese: 1.22mg (60.88%), Selenium: 21.18µg (30.26%), Vitamin B3: 4.24mg (21.21%), Vitamin B1: 0.3mg (20.04%), Phosphorus: 183.27mg (18.33%), Fiber: 3.64g (14.57%), Vitamin B2: 0.21mg (12.62%), Magnesium: 49.24mg (12.31%), Copper: 0.22mg (10.76%), Calcium: 105.92mg (10.59%), Vitamin B6: 0.21mg (10.32%), Zinc: 1.41mg (9.42%), Iron: 1.68mg (9.35%), Vitamin B5: 0.88mg (8.84%), Potassium: 273.17mg (7.8%), Folate: 30.24µg (7.56%), Vitamin K: 7.59µg (7.23%), Vitamin A: 268.23IU (5.36%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.24µg (1.62%), Vitamin C: 0.88mg (1.07%)