



## Bacon, Tomato and Avocado Grilled Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 oz cheddar cheese shredded
- 8 slices bread whole wheat white
- 0.3 cup onion chopped
- 8 slices bacon cooked
- 1 medium tomatoes thinly sliced
- 1 medium avocado pitted peeled thinly sliced
- 0.3 cup butter softened

### Equipment

frying pan

## Directions

- Place 1/4 cup cheese on each of 4 bread slices. Divide onion, bacon, tomato and avocado evenly onto bread slices. Top with remaining cheese and bread slices.
- Spread 2 teaspoons butter over each top slice of bread.
- Place sandwiches, buttered side down, in 12-inch skillet over medium heat.
- Spread remaining butter over top slices of bread. Cook uncovered about 5 minutes or until bottoms are golden brown. Turn; cook 2 to 3 minutes longer or until bottoms are golden brown and cheese is melted.

## Nutrition Facts

 **PROTEIN 15.81%**  **FAT 65.21%**  **CARBS 18.98%**

## Properties

Glycemic Index:62.92, Glycemic Load:15.82, Inflammation Score:-8, Nutrition Score:24.709565141927%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

## Nutrients (% of daily need)

Calories: 675.35kcal (33.77%), Fat: 49.68g (76.44%), Saturated Fat: 24.02g (150.15%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 25.21g (9.17%), Sugar: 4.37g (4.86%), Cholesterol: 113.21mg (37.74%), Sodium: 1018.83mg (44.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.21%), Manganese: 1.33mg (66.42%), Selenium: 39.06µg (55.8%), Calcium: 510.61mg (51.06%), Phosphorus: 482.4mg (48.24%), Fiber: 7.32g (29.29%), Vitamin A: 1378.23IU (27.56%), Vitamin B2: 0.46mg (27.14%), Zinc: 3.97mg (26.46%), Vitamin B3: 5.27mg (26.35%), Vitamin B1: 0.38mg (25.14%), Folate: 83.84µg (20.96%), Vitamin B6: 0.42mg (20.8%), Magnesium: 83.06mg (20.76%), Vitamin K: 20.09µg (19.13%), Potassium: 604.09mg (17.26%), Vitamin E: 2.44mg (16.28%), Vitamin B5: 1.56mg (15.6%), Copper: 0.28mg (14.04%), Vitamin B12: 0.81µg (13.46%), Vitamin C: 10.22mg (12.39%), Iron: 2.07mg (11.49%), Vitamin D: 0.4µg (2.69%)