



Bacon-Tomato Grilled Cheese Grill

READY IN



11 min.

SERVINGS



11

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp grey poupon dijon mustard
- 4 milk singles 2% kraft
- 2 slices tomatoes
- 2 slices oscar mayer turkey bacon cooked
- 4 tsp vegetable oil spread
- 4 slices bread white

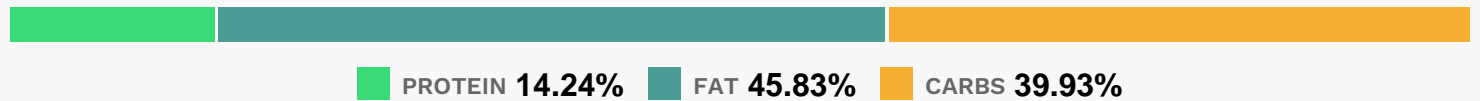
Equipment

- frying pan

Directions

- Spread bread slices evenly with mustard.
- Cover each of two of the bread slices with two 2% Milk Singles, two turkey bacon pieces and one tomato slice. Top each with second bread slice.
- Spread outsides of sandwiches with vegetable oil spread.
- Cook in large skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:13.16, Glycemic Load:3.24, Inflammation Score:-1, Nutrition Score:1.6000000040816%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 48.18kcal (2.41%), Fat: 2.46g (3.78%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.52g (1.64%), Sugar: 0.65g (0.72%), Cholesterol: 2.52mg (0.84%), Sodium: 128.06mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Selenium: 3.08µg (4.41%), Vitamin B1: 0.05mg (3.43%), Manganese: 0.06mg (3.16%), Folate: 11.16µg (2.79%), Vitamin B3: 0.56mg (2.79%), Phosphorus: 24.87mg (2.49%), Iron: 0.39mg (2.15%), Calcium: 21.42mg (2.14%), Vitamin A: 103.13IU (2.06%), Vitamin B2: 0.03mg (1.81%), Fiber: 0.31g (1.23%), Zinc: 0.17mg (1.15%), Magnesium: 4.26mg (1.07%), Vitamin B6: 0.02mg (1.07%)