



Bacon-Tomato Grilled Cheese Grill

READY IN



11 min.

SERVINGS



2

CALORIES



265 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

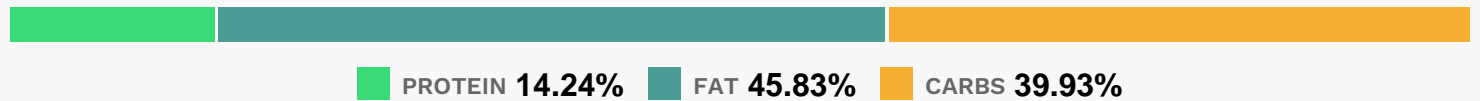
Equipment

- 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:72.39, Glycemic Load:17.83, Inflammation Score:-6, Nutrition Score:8.7991304293923%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 264.98kcal (13.25%), Fat: 13.53g (20.82%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 24.84g (9.03%), Sugar: 3.55g (3.95%), Cholesterol: 13.88mg (4.63%), Sodium: 704.33mg (30.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Selenium: 16.96µg (24.23%), Vitamin B1: 0.28mg (18.87%), Manganese: 0.35mg (17.4%), Folate: 61.35µg (15.34%), Vitamin B3: 3.07mg (15.33%), Phosphorus: 136.78mg (13.68%), Iron: 2.13mg (11.82%), Calcium: 117.83mg (11.78%), Vitamin A: 567.24IU (11.34%), Vitamin B2: 0.17mg (9.95%), Fiber: 1.69g (6.76%), Zinc: 0.95mg (6.34%), Vitamin B6: 0.12mg (5.87%), Magnesium: 23.43mg (5.86%), Potassium: 192.04mg (5.49%), Copper: 0.1mg (5.14%), Vitamin E: 0.71mg (4.73%), Vitamin C: 3.74mg (4.54%), Vitamin B5: 0.32mg (3.22%), Vitamin K: 3.31µg (3.15%), Vitamin B12: 0.07µg (1.17%)