



Beer Battered Grilled Cheese Sandwiches

READY IN



25 min.

SERVINGS



2

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 4 slices bread crumbs white
- 1.5 oz provolone cheese
- 1.5 oz cheddar cheese
- 1 eggs
- 0.8 cup pale ale beer
- 0.3 cup flour all-purpose
- 0.3 teaspoon chipotle chili powder
- 1 tablespoon butter

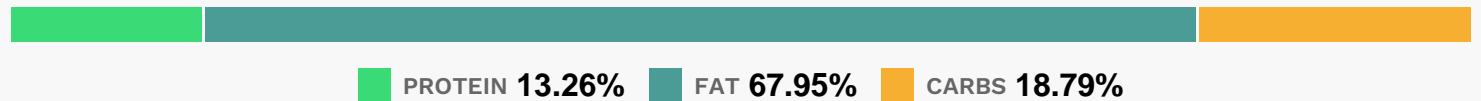
Equipment

- bowl
- frying pan
- paper towels

Directions

- In 12-inch nonstick skillet, cook bacon until crisp; drain on paper towel.
- On 2 of the bread slices, place 1 slice provolone cheese, 3 slices bacon and 1 slice Cheddar cheese on each. Top with remaining bread slices.
- Heat griddle or skillet over medium-high heat or to 375°F. In shallow bowl, beat egg, beer, flour and chili powder with fork until smooth. Dip each sandwich into batter, giving it a few seconds on each side to absorb the batter; drain excess batter back into bowl.
- Melt butter on hot griddle.
- Place sandwiches on griddle. Cook 3 to 4 minutes on each side until golden brown.

Nutrition Facts



Properties

Glycemic Index:109.75, Glycemic Load:10.16, Inflammation Score:-7, Nutrition Score:15.953912973404%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 837.08kcal (41.85%), Fat: 61.16g (94.09%), Saturated Fat: 28.49g (178.07%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 36.14g (13.14%), Sugar: 12.69g (14.11%), Cholesterol: 176.38mg (58.79%), Sodium: 963.15mg (41.88%), Alcohol: 3.45g (100%), Alcohol %: 1.55% (100%), Protein: 26.85g (53.71%), Selenium: 35.07µg (50.1%), Phosphorus: 387.94mg (38.79%), Calcium: 335.07mg (33.51%), Vitamin B3: 5.92mg (29.62%), Vitamin B2:

0.46mg (26.83%), Vitamin B1: 0.39mg (25.68%), Folate: 76.32µg (19.08%), Zinc: 2.74mg (18.3%), Vitamin B12: 1.09µg (18.19%), Vitamin A: 792.43IU (15.85%), Vitamin B6: 0.3mg (14.81%), Iron: 2.43mg (13.49%), Vitamin B5: 1.01mg (10.07%), Potassium: 340.72mg (9.73%), Magnesium: 38.31mg (9.58%), Fiber: 1.91g (7.64%), Manganese: 0.14mg (6.78%), Vitamin E: 0.99mg (6.6%), Vitamin D: 0.94µg (6.25%), Copper: 0.09mg (4.28%), Vitamin K: 1.85µg (1.76%)