



WHATSheATE



BLT Grilled Cheese (BLTGC)

♥ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 1 tablespoon butter room temperature
- ☐ 0.3 cup lettuce shredded
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 2 slices dough bread sour
- ☐ 2 slices tomatoes

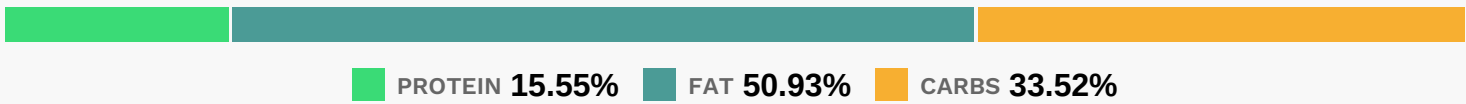
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ grill

Directions

- ☐ Cook the bacon until crispy and set aside on paper towels to drain.
- ☐ Drain most of the bacon grease from the pan and fry the tomato slices for about a half a minute on each side. (optional)
- ☐ Heat a clean pan over medium heat. Butter one side of each slice of bread, sprinkle half of the cheese onto the unbuttered side of one slice of bread followed by the bacon, lettuce, tomato and the remaining cheese and finally top with the remaining slice of bread with the buttered side up. Grill over medium heat until golden brown and the cheese has melted, about 2–3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:254.5, Glycemic Load:52.22, Inflammation Score:-8, Nutrition Score:27.560434745706%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 843.52kcal (42.18%), Fat: 47.91g (73.71%), Saturated Fat: 22.85g (142.8%), Carbohydrates: 70.94g (23.65%), Net Carbohydrates: 67.26g (24.46%), Sugar: 8.08g (8.98%), Cholesterol: 109.51mg (36.5%), Sodium: 1516.67mg (65.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.85%), Selenium: 58.36µg (83.38%), Vitamin B1: 1.07mg (71.66%), Vitamin B2: 0.81mg (47.38%), Folate: 179.07µg (44.77%), Phosphorus: 446.18mg (44.62%), Calcium: 421.89mg (42.19%), Vitamin B3: 8.33mg (41.66%), Manganese: 0.77mg (38.54%), Iron: 5.58mg (30.98%), Vitamin A: 1378.67IU (27.57%), Zinc: 3.84mg (25.57%), Vitamin B12: 1.18µg (19.69%), Vitamin B6: 0.34mg (16.75%), Magnesium: 66.95mg (16.74%), Fiber: 3.68g (14.72%), Copper: 0.26mg (13.09%), Potassium: 436.63mg (12.48%), Vitamin K: 11.8µg (11.24%), Vitamin C: 7.9mg (9.58%), Vitamin E: 1.37mg (9.15%), Vitamin B5:

0.91mg (9.08%), Vitamin D: 0.46µg (3.05%)