



Brie & bacon toasties

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



475 kcal

Ingredients

- ☐ 4 rashers bacon smoked thin
- ☐ 140 g round of président brie
- ☐ 1 pears firm ripe
- ☐ 2 slices malted wheat loaf thick
- ☐ 1 small handful pecan nuts (10)
- ☐ 1 handful watercress if you have it in the fridge

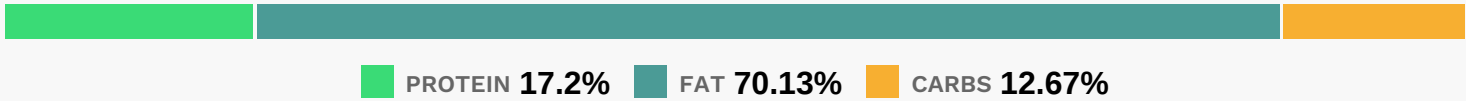
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Set the grill on high and put a sheet of foil under the grill rack to catch any cooking juices and save on washing up later.
- ☐ Lay the bacon on the rack and grill for 2 minutes. While it is grilling, slice the cheese (aim to get about 8 long slices) and core and slice the pear.
- ☐ Put the slices of bread under the grill as well for just under a minute until the bread is evenly toasted on one side only. Keep an eye on it a whole minute is just that little bit too long and the bread may start to char.
- ☐ Flick the bread over and cover the untoasted sides first with a layer of pear slices, then the grilled bacon and then the rest of the pear slices. Don't worry if it looks a little rough and ready it all adds to the effect. Drape the brie on top and scatter over the pecans, roughly breaking them with your fingers as you go.
- ☐ Grill for another minute or so, until the cheese is melted and oozy.
- ☐ Remove and eat straight away with the rocket or watercress on the side.

Nutrition Facts



Properties

Glycemic Index:78.88, Glycemic Load:4.37, Inflammation Score:-4, Nutrition Score:11.162173986435%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 474.95kcal (23.75%), Fat: 37.37g (57.5%), Saturated Fat: 18.09g (113.05%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 12.29g (4.47%), Sugar: 9.01g (10.01%), Cholesterol: 99.04mg (33.01%), Sodium: 732.68mg

(31.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.25%), Selenium: 19.19µg (27.41%), Vitamin B2: 0.43mg (25.19%), Vitamin B12: 1.38µg (22.92%), Phosphorus: 210.79mg (21.08%), Vitamin B6: 0.31mg (15.56%), Zinc: 2.32mg (15.48%), Calcium: 140.14mg (14.01%), Folate: 52.19µg (13.05%), Vitamin B1: 0.19mg (12.39%), Fiber: 2.91g (11.64%), Vitamin B3: 2.26mg (11.28%), Vitamin A: 469.17IU (9.38%), Potassium: 305.06mg (8.72%), Vitamin B5: 0.79mg (7.89%), Magnesium: 28.53mg (7.13%), Vitamin K: 6.79µg (6.47%), Copper: 0.12mg (6.11%), Manganese: 0.11mg (5.4%), Vitamin C: 4.05mg (4.91%), Iron: 0.73mg (4.03%), Vitamin D: 0.53µg (3.51%), Vitamin E: 0.48mg (3.17%)