



Brussels Sprouts, Bacon and Smoked Cheddar Panini...and My Trip to Tillamook!

♥ Popular

READY IN



25 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup brussels sprouts cooked sliced
- ☐ 4 tablespoons butter at room temperature ()
- ☐ 8 ounces cheddar smoked white black sliced (I used Tillamook Pepper Cheddar)
- ☐ 8 slices bacon cooked
- ☐ 8 slices sourdough white sliced

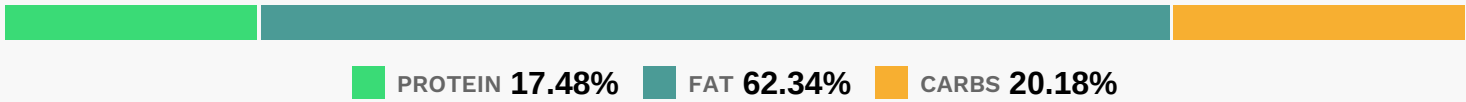
Equipment

- ☐ grill

Directions

☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over one slice and top the other side with cheese, Brussels sprouts, bacon and more cheese. Close the sandwich with the other slice of bread, buttered side up.Grill two panini at a time, with the lid closed, until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:45.94, Glycemic Load:18.18, Inflammation Score:-7, Nutrition Score:18.387391214785%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 548.69kcal (27.43%), Fat: 38.09g (58.6%), Saturated Fat: 20.42g (127.64%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 25.96g (9.44%), Sugar: 3.23g (3.59%), Cholesterol: 102.64mg (34.21%), Sodium: 972.26mg (42.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.05%), Calcium: 518.41mg (51.84%), Selenium: 36.16µg (51.66%), Phosphorus: 393.01mg (39.3%), Vitamin K: 31.65µg (30.14%), Vitamin B1: 0.38mg (25.55%), Vitamin B2: 0.43mg (25.1%), Vitamin B3: 4.22mg (21.09%), Vitamin A: 1048.81IU (20.98%), Zinc: 3.09mg (20.62%), Folate: 77.89µg (19.47%), Manganese: 0.36mg (18.04%), Vitamin C: 14.02mg (17%), Vitamin B12: 0.8µg (13.32%), Iron: 2.16mg (11.98%), Vitamin B6: 0.21mg (10.36%), Magnesium: 37.84mg (9.46%), Vitamin B5: 0.75mg (7.47%), Vitamin E: 1.07mg (7.15%), Potassium: 249.54mg (7.13%), Fiber: 1.78g (7.11%), Copper: 0.11mg (5.45%), Vitamin D: 0.4µg (2.69%)