



Caramel Apple Grilled Cheese Sandwich (with Bacon)

♥♥ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 apples cored sliced
- ☐ 2 slices bread
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon mrs richardson's butterscotch caramel sauce
- ☐ 2 strips bacon cooked cut into 1 inch pieces and
- ☐ 2 slices cheddar shredded (or)

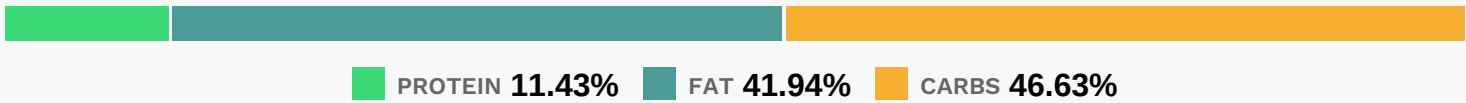
Equipment

- ☐ frying pan
- ☐ grill

Directions

☐ Heat a pan over medium heat.Butter the outside side of each slice of bread, place one slice in the pan buttered side down, top with half of the cheese, the apple, caramel sauce, bacon, the remaining cheese and finally the other slice of bread.Grill until golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:167.67, Glycemic Load:17.63, Inflammation Score:-5, Nutrition Score:12.085652216621%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 427.38kcal (21.37%), Fat: 20.34g (31.29%), Saturated Fat: 9.92g (61.97%), Carbohydrates: 50.89g (16.96%), Net Carbohydrates: 46.46g (16.9%), Sugar: 24.09g (26.76%), Cholesterol: 47.94mg (15.98%), Sodium: 705.89mg (30.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Selenium: 25.21µg (36.01%), Manganese: 0.71mg (35.65%), Vitamin B3: 4.9mg (24.5%), Vitamin B1: 0.34mg (22.43%), Fiber: 4.42g (17.7%), Phosphorus: 164.65mg (16.47%), Folate: 51.57µg (12.89%), Iron: 2.28mg (12.68%), Vitamin B2: 0.22mg (12.68%), Calcium: 104.52mg (10.45%), Vitamin B6: 0.19mg (9.34%), Vitamin A: 444.08IU (8.88%), Magnesium: 34.29mg (8.57%), Zinc: 1.19mg (7.96%), Potassium: 274.27mg (7.84%), Vitamin B5: 0.75mg (7.49%), Copper: 0.12mg (6.25%), Vitamin K: 5.77µg (5.5%), Vitamin C: 4.4mg (5.33%), Vitamin E: 0.69mg (4.58%), Vitamin B12: 0.26µg (4.26%)