



Cheddar, Bacon & Pear Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon fully cooked
- 2 slices bread french
- 1 tsp grey poupon savory honey mustard
- 4 slices pears fresh thin
- 1 oz cracker barrel sharp cheddar cheese

Equipment

Directions

Heat bacon as directed on package.

Spread bread slices with mustard; fill with cheese, pears and bacon.

Nutrition Facts

PROTEIN 11.09% **FAT 27.61%** **CARBS 61.3%**

Properties

Glycemic Index:28.85, Glycemic Load:15.26, Inflammation Score:-3, Nutrition Score:6.5373912466609%

Flavonoids

Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 195.3kcal (9.77%), Fat: 6.2g (9.53%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 26.93g (9.79%), Sugar: 12.32g (13.69%), Cholesterol: 11.48mg (3.83%), Sodium: 255.57mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Fiber: 4.04g (16.14%), Selenium: 10.81µg (15.44%), Vitamin B1: 0.22mg (14.74%), Folate: 40.52µg (10.13%), Vitamin B2: 0.17mg (10.03%), Manganese: 0.19mg (9.47%), Vitamin B3: 1.77mg (8.86%), Phosphorus: 78.96mg (7.9%), Iron: 1.25mg (6.93%), Copper: 0.14mg (6.82%), Calcium: 63.92mg (6.39%), Vitamin C: 4.82mg (5.84%), Potassium: 181.66mg (5.19%), Vitamin K: 5.24µg (4.99%), Magnesium: 18.62mg (4.65%), Zinc: 0.69mg (4.6%), Vitamin B6: 0.09mg (4.36%), Vitamin B5: 0.21mg (2.13%), Vitamin E: 0.27mg (1.79%), Vitamin A: 88.07IU (1.76%), Vitamin B12: 0.1µg (1.74%)