



WHATSheATE



Chips and Guacamole Grilled Cheese + Q & A with Laura Werlin

♥♥ Popular

READY IN



40 min.

SERVINGS



4

CALORIES



1043 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 4 tablespoons butter at room temperature
- ☐ 4 ounces colby cheese grated
- ☐ 4 ounces goat cheese
- ☐ 4 ounces monterrey jack cheese grated
- ☐ 2 tablespoons roma tomato diced peeled seeded finely () (see Note)
- ☐ 8 slices sourdough bread

- ☐ 2 ounces tortilla chips
- ☐ 0.5 cup purchased (with tomato in it) homemade

Equipment

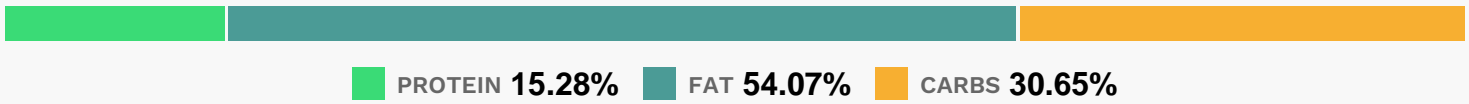
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags
- ☐ spatula
- ☐ meat tenderizer
- ☐ panini press

Directions

- ☐ Line a plate with paper towels. In a large nonstick skillet, cook the bacon over medium heat until very crisp.
- ☐ Drain the bacon on the paper towels.
- ☐ Remove the bacon fat from the pan and wipe the pan with a paper towel, but do not wash it. Set aside. To make the tortilla chip butter, put the chips in the bowl of a food processor and process until the texture is very fine, similar to sand. Alternatively, place the chips in a sturdy plastic bag. Using a meat mallet or other heavy object, pound the chips until they are the texture of sand.
- ☐ Spread the butter mixture on one side of each slice of bread.
- ☐ Place 4 slices, butter-chip mixture side down, on your work surface.
- ☐ Spread 2 tablespoons of the guacamole on each slice of bread.
- ☐ Heat a large nonstick skillet over medium heat for 2 minutes.
- ☐ Put the sandwiches into the pan, cover, and cook for 3 to 4 minutes, until the undersides are golden brown. Watch carefully because the chips in the butter can burn easily. Turn the sandwiches, pressing each one firmly with a spatula to compress the filling slightly. Cover and cook for 2 to 3 minutes or until the undersides are well browned. Turn the sandwiches once more, press firmly with the spatula again, cook for 1 minute, and remove from the pan.

- ☐ Let cool 5 minutes.
- ☐ Cut in half and serve.For sandwich maker method: Use your sandwich maker for this sandwich only if you have variable heat settings. Otherwise, it will cook too hot and burn the chips on the bread without melting the cheese. To use your sandwich maker, follow directions for assembly above. Cook according to manufacturer’s instructions.

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:51.57, Inflammation Score:-8, Nutrition Score:31.236521866011%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1042.54kcal (52.13%), Fat: 63.12g (97.11%), Saturated Fat: 30.06g (187.89%), Carbohydrates: 80.49g (26.83%), Net Carbohydrates: 74.72g (27.17%), Sugar: 6.97g (7.75%), Cholesterol: 124.34mg (41.45%), Sodium: 1646.56mg (71.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.14g (80.27%), Selenium: 55.36µg (79.08%), Vitamin B1: 1.1mg (73.52%), Phosphorus: 579.04mg (57.9%), Vitamin B2: 0.96mg (56.68%), Calcium: 537.01mg (53.7%), Folate: 199.59µg (49.9%), Vitamin B3: 8.83mg (44.13%), Manganese: 0.76mg (38.16%), Iron: 6.55mg (36.41%), Zinc: 4.25mg (28.35%), Copper: 0.52mg (25.95%), Vitamin A: 1266.43IU (25.33%), Vitamin B6: 0.48mg (24.08%), Fiber: 5.76g (23.06%), Magnesium: 87.86mg (21.97%), Vitamin B5: 1.61mg (16.08%), Vitamin E: 2.17mg (14.49%), Potassium: 501.46mg (14.33%), Vitamin K: 13.97µg (13.3%), Vitamin B12: 0.77µg (12.8%), Vitamin C: 4.14mg (5.02%), Vitamin D: 0.63µg (4.2%)