



Grilled Apple, Bacon and Cheddar Sandwich with Roasted Red Onion Mayo

READY IN



11 min.

SERVINGS



1

CALORIES



2752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices another bread hearty
- ☐ 1 serving butter
- ☐ 4 slices cheddar
- ☐ 0.5 apples i use 2 granny smith apples cored sliced thin
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons olive oil
- ☐ 1 medium onion red chopped
- ☐ 1 serving salt and pepper

☐ 4 slices bacon thick-cut crisp cooked

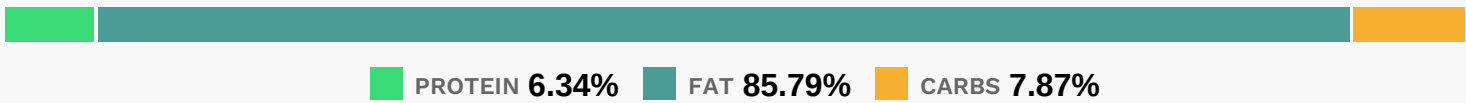
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat a seasoned grill pan or griddle over medium heat. Assemble this sandwich just as you would a traditional grilled cheese sandwich: spread 1 slice of bread with some Red Onion Mayo, then top with 2 slices Cheddar, the bacon, the apple slices, then 2 more slices of Cheddar, finishing with another mayo-slathered slice of bread. Butter the outsides of the bread and transfer to the hot grill. Grill about 3 minutes per side, since this sandwich is so thick.
- ☐ Remove to a cutting board and cut the sandwich in half on the diagonal to serve.
- ☐ Preheat oven to 375 degrees F.
- ☐ On a small rimmed baking sheet, toss the red onion, olive oil, salt and pepper together. Roast in the oven for 25 to 30 minutes until the onion is very soft, stirring occasionally.
- ☐ Remove from oven and let cool.
- ☐ Transfer to a food processor and buzz until finely chopped.
- ☐ Add the mayo and pulse until smooth and combined.

Nutrition Facts



Properties

Glycemic Index:244.67, Glycemic Load:20.97, Inflammation Score:-9, Nutrition Score:37.446087215258%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 25.98mg, Quercetin: 25.98mg, Quercetin: 25.98mg, Quercetin: 25.98mg

Nutrients (% of daily need)

Calories: 2752.45kcal (137.62%), Fat: 262.68g (404.13%), Saturated Fat: 62.55g (390.91%), Carbohydrates: 54.21g (18.07%), Net Carbohydrates: 47.92g (17.43%), Sugar: 18.84g (20.93%), Cholesterol: 267.87mg (89.29%), Sodium: 3316.69mg (144.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.65g (87.3%), Vitamin K: 377.1µg (359.15%), Selenium: 70.07µg (100.1%), Phosphorus: 681.19mg (68.12%), Vitamin E: 10.04mg (66.91%), Calcium: 608.04mg (60.8%), Vitamin B1: 0.74mg (49.07%), Vitamin B3: 9.17mg (45.85%), Manganese: 0.88mg (44%), Vitamin B2: 0.66mg (38.54%), Zinc: 5.34mg (35.61%), Vitamin B6: 0.68mg (33.97%), Vitamin B12: 1.72µg (28.64%), Fiber: 6.29g (25.18%), Folate: 96.86µg (24.22%), Vitamin B5: 2.12mg (21.21%), Vitamin A: 1057.65IU (21.15%), Potassium: 720.53mg (20.59%), Iron: 3.57mg (19.85%), Magnesium: 76.5mg (19.12%), Vitamin C: 12.44mg (15.08%), Copper: 0.28mg (13.8%), Vitamin D: 1.43µg (9.55%)