



Grilled Bacon-Cheddar Bread

READY IN



20 min.

SERVINGS



8

CALORIES



298 kcal

Ingredients

- 1 lb bread french
- 3 tablespoons butter softened
- 6 oz sharp cheddar cheese shredded
- 4 slices bacon crumbled cooked
- 2 tablespoons parsley fresh chopped

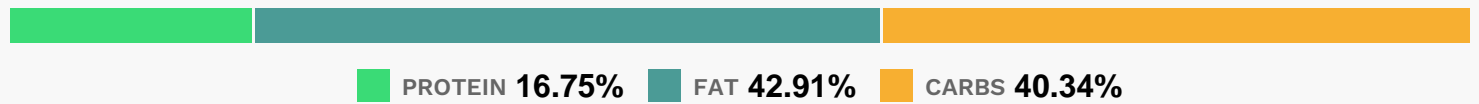
Equipment

- baking sheet
- grill

Directions

- Heat gas or charcoal grill.
- Cut loaf of bread into 1-inch-thick slices. Lightly spread one side of each slice of bread with butter.
- Place slices, butter side down, on ungreased cookie sheet.
- Sprinkle cheese, bacon and parsley evenly on bread slices.
- Place bread slices, butter side down, directly on grill. Cover grill; cook over medium-high heat 4 to 6 minutes or until bottom of bread is toasted and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:22.83, Inflammation Score:-6, Nutrition Score:11.17521737192%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 297.8kcal (14.89%), Fat: 14.24g (21.91%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 28.84g (10.49%), Sugar: 2.7g (3%), Cholesterol: 25.22mg (8.41%), Sodium: 597.65mg (25.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Selenium: 24.26µg (34.66%), Vitamin B1: 0.43mg (28.83%), Vitamin B2: 0.35mg (20.47%), Folate: 75.78µg (18.94%), Calcium: 183.2mg (18.32%), Phosphorus: 174.22mg (17.42%), Vitamin K: 17.31µg (16.48%), Vitamin B3: 3.18mg (15.89%), Manganese: 0.3mg (15.09%), Iron: 2.35mg (13.06%), Zinc: 1.5mg (10.02%), Vitamin A: 486.56IU (9.73%), Magnesium: 25.78mg (6.45%), Fiber: 1.28g (5.12%), Copper: 0.1mg (4.94%), Vitamin B6: 0.1mg (4.91%), Vitamin B12: 0.27µg (4.57%), Vitamin B5: 0.33mg (3.3%), Potassium: 110.41mg (3.15%), Vitamin E: 0.47mg (3.1%), Vitamin C: 1.34mg (1.62%)