



Grilled Bacon, Cheese, and Tomato Sandwiches

READY IN



28 min.

SERVINGS



4

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 12 slices bacon cooked
- ☐ 0.5 teaspoon basil dried
- ☐ 8 slices bread french (1/2-inch-thick)
- ☐ 3 plum tomatoes thinly sliced
- ☐ 1 ounce swiss cheese

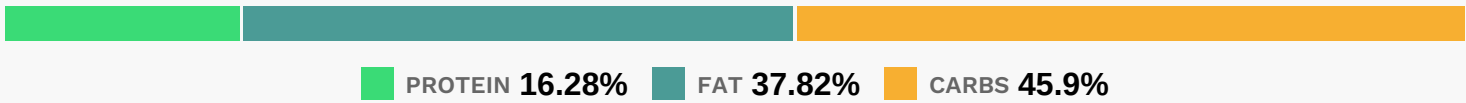
Equipment

☐ frying pan

Directions

- ☐ Spread 1 side of bread slices with butter; turn 4 slices buttered side down, and top each with a cheese slice.
- ☐ Layer evenly with tomato, basil, bacon, and remaining cheese slices; top with remaining bread slices, buttered side up.
- ☐ Place a large skillet over medium heat until hot; cook sandwiches, 2 at a time, until golden, turning once.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:51.71, Inflammation Score:-8, Nutrition Score:22.569565570873%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 599kcal (29.95%), Fat: 25.24g (38.83%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 68.94g (22.98%), Net Carbohydrates: 65.52g (23.82%), Sugar: 7.14g (7.93%), Cholesterol: 30.35mg (10.12%), Sodium: 1323.08mg (57.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.88%), Selenium: 50.91µg (72.73%), Vitamin B1: 1.06mg (70.85%), Vitamin B3: 8.98mg (44.9%), Folate: 165.58µg (41.4%), Vitamin B2: 0.64mg (37.61%), Manganese: 0.74mg (37.08%), Iron: 5.48mg (30.44%), Phosphorus: 282.97mg (28.3%), Vitamin A: 963.47IU (19.27%), Zinc: 2.46mg (16.42%), Vitamin B6: 0.31mg (15.52%), Calcium: 143.98mg (14.4%), Magnesium: 57.17mg (14.29%), Fiber: 3.42g (13.68%), Copper: 0.25mg (12.66%), Potassium: 394mg (11.26%), Vitamin B12: 0.49µg (8.16%), Vitamin B5: 0.78mg (7.8%), Vitamin C: 6.4mg (7.76%), Vitamin E: 1.12mg (7.44%), Vitamin K: 6.81µg (6.49%)