



Grilled Bacon, Tomato and Cheese Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices sandwich bread white
- 8 slices farro
- 1 medium tomatoes thinly sliced
- 3 oz processed cheese food
- 1 tablespoons butter softened

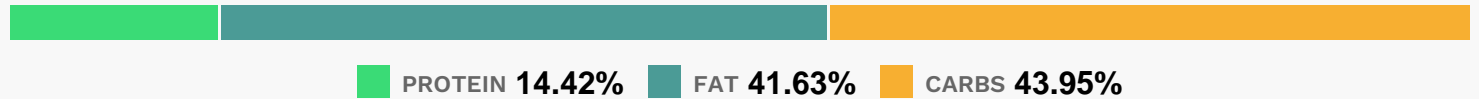
Equipment

- frying pan

Directions

- Top 4 of the bread slices with bacon, tomato and cheese. Cover with remaining bread slices.
- Spread outside of sandwiches with margarine.
- Heat 12-inch nonstick skillet or griddle over medium-low heat until hot.
- Place sandwiches, 2 at a time if necessary, in skillet; cook 4 to 6 minutes or until golden brown, turning once.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:18.06, Inflammation Score:-6, Nutrition Score:9.8895652242329%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 247.04kcal (12.35%), Fat: 11.44g (17.6%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 25.58g (9.3%), Sugar: 3.96g (4.41%), Cholesterol: 21.26mg (7.09%), Sodium: 628.39mg (27.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.83%), Calcium: 332.03mg (33.2%), Selenium: 16.07µg (22.95%), Phosphorus: 202.06mg (20.21%), Vitamin B1: 0.27mg (18.01%), Manganese: 0.34mg (17.25%), Folate: 62.17µg (15.54%), Vitamin B3: 2.62mg (13.1%), Vitamin A: 582.91IU (11.66%), Iron: 1.92mg (10.69%), Vitamin B2: 0.18mg (10.48%), Zinc: 1.04mg (6.92%), Fiber: 1.6g (6.38%), Magnesium: 22.96mg (5.74%), Vitamin B12: 0.32µg (5.37%), Vitamin C: 4.22mg (5.11%), Potassium: 162.77mg (4.65%), Copper: 0.09mg (4.6%), Vitamin B6: 0.08mg (4.23%), Vitamin B5: 0.39mg (3.87%), Vitamin E: 0.55mg (3.7%), Vitamin K: 3.1µg (2.95%)