



## Grilled Bacon, Tomato and Cheese Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

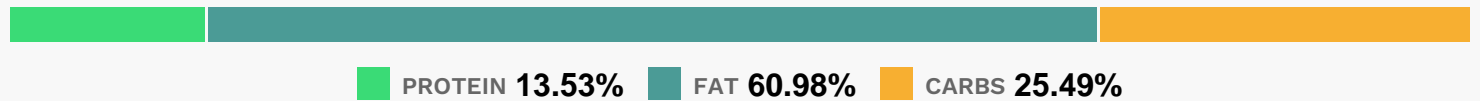
### Equipment

- 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:12.510869648146%

## 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: 428.06kcal (21.4%), Fat: 28.9g (44.46%), Saturated Fat: 10.69g (66.83%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 25.66g (9.33%), Sugar: 3.96g (4.4%), Cholesterol: 50.3mg (16.77%), Sodium: 919.61mg (39.98%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 14.42g (28.85%), Selenium: 24.74µg (35.34%), Calcium: 334.01mg (33.4%), Phosphorus: 264.34mg (26.43%), Vitamin B1: 0.39mg (25.99%), Vitamin B3: 4.35mg (21.75%), Manganese: 0.34mg (17.23%), Folate: 61.85µg (15.46%), Vitamin B2: 0.21mg (12.5%), Vitamin A: 599.05IU (11.98%), Iron: 2.08mg (11.54%), Zinc: 1.54mg (10.27%), Vitamin B6: 0.2mg (9.97%), Vitamin B12: 0.54µg (9.04%), Potassium: 248.03mg (7.09%), Magnesium: 27.8mg (6.95%), Vitamin B5: 0.63mg (6.28%), Fiber: 1.52g (6.08%), Copper: 0.11mg (5.42%), Vitamin C: 4.22mg (5.11%), Vitamin E: 0.74mg (4.96%), Vitamin K: 3.08µg (2.94%), Vitamin D: 0.3µg (2.02%)