



Grilled Brie and Goat Cheese with Bacon and Green Tomato

READY IN



20 min.

SERVINGS



4

CALORIES



1516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices pullman bread sliced
- ☐ 8 ounces really brie
- ☐ 8 ounces goat cheese soft cut into 8 slices recommended: boucheron goat cheese
- ☐ 2 tomatoes green sliced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 16 slices center-cut bacon cut into 1/ pieces
- ☐ 2 sticks butter unsalted at room temperature
- ☐ 4 servings watercress

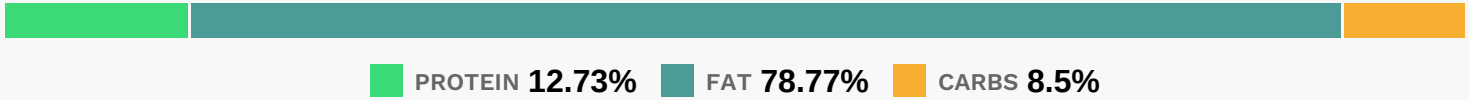
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place the bacon in a large skillet or griddle and cook until golden brown and crisp.
- ☐ Remove to a paper towel-lined plate. Break each piece into fourths and set aside.
- ☐ Heat a cast iron griddle or cast iron pan over medium heat.
- ☐ Spread butter on 1 side of each slice of bread.
- ☐ Layer 4 of the slices of the bread with 3 to 4 slices of brie, 2 tomato slices, watercress, 2 slices goat cheese, and 4 slices of broken up bacon and season with salt and freshly ground black pepper.
- ☐ Place the remaining bread slices on top, butter side up and cook on the griddle until golden brown on both sides and the brie has melted.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:14.46, Inflammation Score:-10, Nutrition Score:37.722173939581%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 1516.22kcal (75.81%), Fat: 133.34g (205.13%), Saturated Fat: 66.72g (416.98%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 29.26g (10.64%), Sugar: 6.53g (7.26%), Cholesterol: 299.3mg (99.77%), Sodium: 1811.62mg (78.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.47g (96.94%), Vitamin K: 100.4µg (95.62%), Selenium: 56µg (80%), Vitamin A: 3868.01IU (77.36%), Phosphorus: 582.68mg (58.27%), Vitamin B1: 0.78mg (51.83%), Vitamin B2: 0.85mg (50.17%), Vitamin B3: 9.78mg (48.91%), Manganese: 0.92mg (45.94%), Vitamin B6: 0.82mg (40.79%), Vitamin C: 29.12mg (35.3%), Copper: 0.66mg (33.05%), Calcium: 323.7mg (32.37%),

Vitamin B12: 1.86µg (30.99%), Zinc: 4.29mg (28.57%), Folate: 101.57µg (25.39%), Vitamin B5: 2.51mg (25.12%), Iron: 4.37mg (24.28%), Potassium: 717.55mg (20.5%), Vitamin E: 2.85mg (19%), Magnesium: 75.24mg (18.81%), Vitamin D: 1.93µg (12.89%), Fiber: 3.11g (12.45%)