



Grilled Cheddar and Bacon with Mango Chutney

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces cheddar cheese thinly sliced (preferably Colby or Longhorn)
- ☐ 8 bacon cooked halved
- ☐ 4 teaspoons mango chutney
- ☐ 2 inch bread
- ☐ 1.5 tablespoons butter unsalted softened

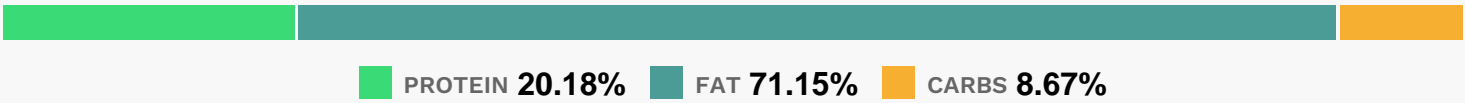
Equipment

- ☐ frying pan

Directions

- ☐ Spread 1 side of each bread slice with butter. Turn over 4 slices and spread with chutney, then divide cheese and bacon among them. Top with remaining bread slices, buttered sides up.
- ☐ Heat a dry 12-inch heavy skillet over moderate heat until hot, then cook sandwiches, 2 at a time, pressing occasionally and turning over once, until bread is golden brown and cheese is melted, about 5 minutes total per batch.

Nutrition Facts



Properties

Glycemic Index:37.92, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:8.1152173125226%

Nutrients (% of daily need)

Calories: 308.71kcal (15.44%), Fat: 24.38g (37.51%), Saturated Fat: 12.79g (79.95%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 6.53g (2.37%), Sugar: 3.59g (3.99%), Cholesterol: 69.65mg (23.22%), Sodium: 555.44mg (24.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Calcium: 307.14mg (30.71%), Selenium: 20.67µg (29.52%), Phosphorus: 262.12mg (26.21%), Zinc: 2.08mg (13.88%), Vitamin B2: 0.23mg (13.76%), Vitamin A: 563.25IU (11.26%), Vitamin B12: 0.63µg (10.57%), Vitamin B3: 1.76mg (8.82%), Vitamin B1: 0.11mg (7.22%), Vitamin B6: 0.12mg (5.96%), Magnesium: 17.8mg (4.45%), Vitamin B5: 0.37mg (3.7%), Potassium: 122.41mg (3.5%), Vitamin E: 0.52mg (3.49%), Vitamin D: 0.4µg (2.65%), Folate: 10.39µg (2.6%), Copper: 0.04mg (2.08%), Manganese: 0.04mg (1.89%), Iron: 0.29mg (1.6%), Vitamin K: 1.49µg (1.42%)