



WHATSheATE



Grilled Cheddar, Tomato and Bacon Sandwiches



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons mayonnaise
- ☐ 8 slices sourdough bread country-style (cut on deep diagonal into 5x3x)
- ☐ 8 slices tomato seeds removed, slices drained on paper towels

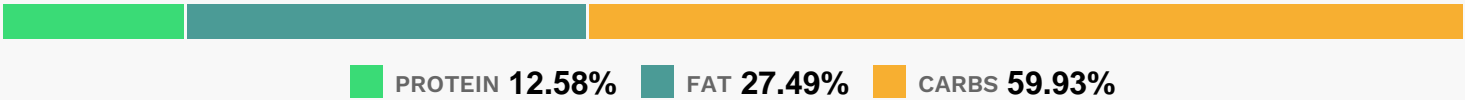
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in heavy large skillet over medium heat until brown and crisp, turning occasionally, about 6 minutes.
- ☐ Transfer bacon to paper towels and drain. Wash and dry skillet.
- ☐ Place 4 bread slices on work surface. Press 1/4 cup grated cheese onto each slice. Top each with 2 tomato slices.
- ☐ Sprinkle with pepper.
- ☐ Place 2 bacon slices atop each, breaking into pieces if necessary to fit. Press 1/4 cup grated cheese over bacon on each. Top sandwiches with remaining bread slices, then spread 1/2 tablespoon mayonnaise over top of each sandwich.
- ☐ Heat 2 heavy large skillets over medium heat.
- ☐ Add 2 sandwiches, mayonnaise side down, to each skillet.
- ☐ Place plate atop both sandwiches to weigh down. Cook sandwiches until bottom is golden brown, about 2 minutes.
- ☐ Spread top of each sandwich with 1/2 tablespoon mayonnaise. Turn sandwiches over, mayonnaise side down. Top with plates and cook until golden brown on bottom, about 2 minutes.
- ☐ Transfer sandwiches to work surface.
- ☐ Cut sandwiches crosswise in half and serve

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:51.27, Inflammation Score:-6, Nutrition Score:16.706521731356%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 443.72kcal (22.19%), Fat: 13.57g (20.88%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 66.59g (22.2%), Net Carbohydrates: 63.75g (23.18%), Sugar: 6.05g (6.72%), Cholesterol: 5.88mg (1.96%), Sodium: 859.56mg (37.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.95%), Vitamin B1: 0.91mg (60.73%), Selenium: 36.93µg (52.76%), Folate: 158.44µg (39.61%), Manganese: 0.67mg (33.7%), Vitamin B2: 0.55mg (32.33%), Vitamin B3: 6.18mg (30.91%), Iron: 5.04mg (28%), Vitamin K: 23.87µg (22.74%), Phosphorus: 137.82mg (13.78%), Fiber: 2.84g (11.36%), Magnesium: 41.32mg (10.33%), Copper: 0.2mg (9.92%), Zinc: 1.36mg (9.04%), Vitamin B6: 0.14mg (6.98%), Calcium: 67.88mg (6.79%), Vitamin E: 0.74mg (4.93%), Vitamin B5: 0.45mg (4.53%), Potassium: 157.3mg (4.49%)