



Grilled Cheddar, Tomato and Bacon Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



744 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 bacon thick-cut
- ☐ 8 slices tomato seeds removed, slices drained on paper towels

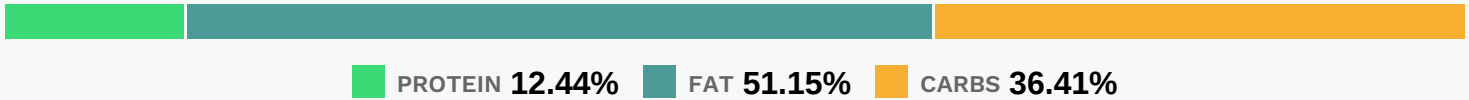
Equipment

- ☐ 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:21.145652069994%

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: 743.96kcal (37.2%), Fat: 42.15g (64.85%), Saturated Fat: 11.89g (74.31%), Carbohydrates: 67.51g (22.5%), Net Carbohydrates: 64.67g (23.52%), Sugar: 6.05g (6.72%), Cholesterol: 53.4mg (17.8%), Sodium: 1336.2mg (58.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.12%), Vitamin B1: 1.11mg (73.98%), Selenium: 51.4µg (73.43%), Vitamin B3: 9.08mg (45.39%), Folate: 158.44µg (39.61%), Vitamin B2: 0.61mg (35.76%), Manganese: 0.68mg (34.1%), Iron: 5.33mg (29.64%), Phosphorus: 241.5mg (24.15%), Vitamin K: 23.87µg (22.74%), Vitamin B6: 0.33mg (16.56%), Zinc: 2.21mg (14.7%), Magnesium: 49.96mg (12.49%), Copper: 0.23mg (11.43%), Fiber: 2.84g (11.36%), Potassium: 299.86mg (8.57%), Vitamin B5: 0.85mg (8.53%), Calcium: 71.48mg (7.15%), Vitamin E: 1.05mg (6.99%), Vitamin B12: 0.38µg (6.28%), Vitamin D: 0.32µg (2.11%), Vitamin A: 52.4IU (1.05%)