



## Grilled Cheese

READY IN



55 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 ounces farmhouse cheddar sliced
- ☐ 12 slices bacon cooked
- ☐ 4 servings dijon mustard
- ☐ 1 apples green thinly sliced
- ☐ 3 tablespoons butter unsalted
- ☐ 8 bread white country-style

## Equipment

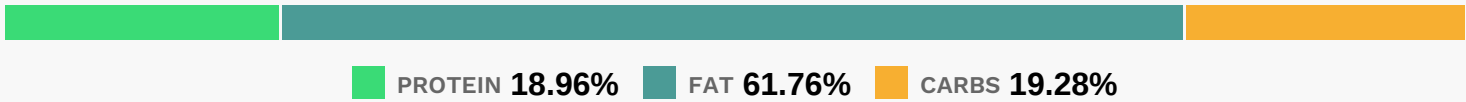
- ☐ frying pan

☐ panini press

## Directions

- ☐ Heat a griddle or large skillet over medium-low heat. Alternatively, you can use a panini press if you have one.
- ☐ Generously spread the Dijon on 4 slices of bread. Top each slice with some of the Cheddar, 3 pieces of bacon, some apple and additional Cheddar.
- ☐ Place a slice of the remaining bread on top of each sandwich and spread with the butter.
- ☐ Place a sandwich on the skillet buttered-side down and butter the remaining side. Cook until the cheese is slightly melted and the bread is browned. Flip the sandwich and continue to cook until the cheese is thoroughly melted and the sandwich is golden brown. Repeat with the remaining sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:41.44, Glycemic Load:19.77, Inflammation Score:-7, Nutrition Score:21.0486956161%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 696.31kcal (34.82%), Fat: 47.9g (73.69%), Saturated Fat: 25.04g (156.49%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 31.18g (11.34%), Sugar: 7.76g (8.62%), Cholesterol: 131.38mg (43.79%), Sodium: 1254.53mg (54.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.09g (66.17%), Calcium: 717.83mg (71.78%), Selenium: 49.64µg (70.92%), Phosphorus: 552.07mg (55.21%), Vitamin B2: 0.57mg (33.5%), Zinc: 4.36mg (29.04%), Vitamin B1: 0.43mg (28.68%), Vitamin B3: 5.02mg (25.09%), Vitamin A: 1152.08IU (23.04%), Vitamin B12: 1.18µg (19.68%), Folate: 75.39µg (18.85%), Manganese: 0.35mg (17.35%), Vitamin B6: 0.26mg (12.78%), Magnesium:

48.79mg (12.2%), Iron: 2.18mg (12.11%), Fiber: 2.46g (9.83%), Vitamin B5: 0.94mg (9.42%), Potassium: 302.45mg (8.64%), Vitamin E: 1.19mg (7.94%), Copper: 0.13mg (6.65%), Vitamin D: 0.76µg (5.09%), Vitamin K: 3.95µg (3.76%), Vitamin C: 2.11mg (2.56%)