



Grilled Cheese, Bacon and Jalapeño Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 0.5 jalapeno finely chopped
- 0.3 cup butter softened
- 8 slices bread country-style
- 12 oz sharp cheddar cheese sliced

Equipment

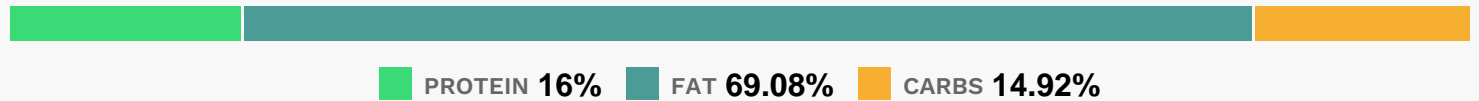
- frying pan

paper towels

Directions

- In 8-inch skillet, cook bacon over medium-high heat until crisp.
- Remove from skillet to paper towel.
- Add chile to bacon drippings in skillet; cook and stir 1 to 2 minutes.
- Place chile on paper towel.
- Spread butter on both sides of each slice of bread. Top each of 4 bread slices with layer of cheese, chopped chile, 2 slices of bacon and another layer of cheese. Cover each with second slice of bread.
- Heat 12-inch nonstick skillet over medium-high heat. Cook sandwiches until bread is browned and cheese begins to melt. Turn sandwiches; cook until cheese is completely melted.

Nutrition Facts



Properties

Glycemic Index:41.92, Glycemic Load:14.88, Inflammation Score:-7, Nutrition Score:21.305652162303%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 786.15kcal (39.31%), Fat: 60.43g (92.97%), Saturated Fat: 29.86g (186.65%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.07g (9.84%), Sugar: 3.57g (3.97%), Cholesterol: 144.59mg (48.2%), Sodium: 1203.66mg (52.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.5g (63%), Selenium: 49.19µg (70.27%), Calcium: 677.11mg (67.71%), Phosphorus: 528.98mg (52.9%), Manganese: 0.68mg (34.13%), Vitamin B2: 0.56mg (32.82%), Zinc: 4.24mg (28.25%), Vitamin B1: 0.38mg (25.18%), Vitamin A: 1243IU (24.86%), Vitamin B3: 4.97mg (24.86%), Vitamin B12: 1.15µg (19.09%), Folate: 66.36µg (16.59%), Iron: 2.34mg (13%), Magnesium: 51.75mg (12.94%), Vitamin B6: 0.25mg (12.28%), Vitamin B5: 1.08mg (10.76%), Fiber: 2.29g (9.16%), Vitamin E: 1.33mg (8.84%), Potassium: 239.31mg (6.84%), Copper: 0.13mg (6.51%), Vitamin K: 6.1µg (5.81%), Vitamin D: 0.69µg (4.58%), Vitamin C: 2.19mg (2.65%)