



Grilled Cheese of the Gods

READY IN

ready

16 min.

SERVINGS

servings

4

CALORIES

calories

692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 4 slices cheddar cheese
- ☐ 8 slices bacon cooked
- ☐ 1 cup parmigiano-reggiano cheese freshly grated
- ☐ 8 slices sourdough bread

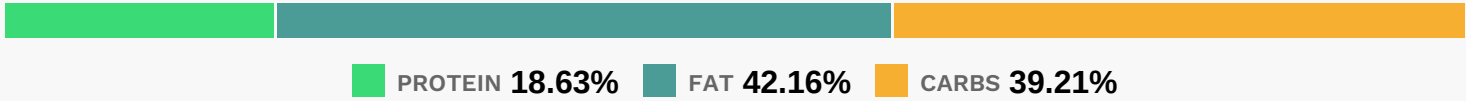
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, mash together the butter and Parmesan cheese until evenly blended. Make sandwiches by placing two slices of bacon and one slice of Cheddar cheese on half of the bread slices. Top with the remaining slices of bread.
- ☐ Heat a large skillet over medium heat.
- ☐ Spread some of the butter mixture on the top of each sandwich.
- ☐ Place sandwiches butter side down in the skillet.
- ☐ Spread the remaining butter mixture on the other sides. Cook until golden brown on each side, about 3 minutes per side. To serve, cut in half diagonally.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:51.54, Inflammation Score:-7, Nutrition Score:24.018260675928%

Nutrients (% of daily need)

Calories: 692.12kcal (34.61%), Fat: 32.46g (49.93%), Saturated Fat: 17.26g (107.85%), Carbohydrates: 67.93g (22.64%), Net Carbohydrates: 65.12g (23.68%), Sugar: 6.18g (6.86%), Cholesterol: 80.34mg (26.78%), Sodium: 1642.27mg (71.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.27g (64.53%), Selenium: 55.3µg (79%), Vitamin B1: 1.01mg (67.59%), Calcium: 487.92mg (48.79%), Phosphorus: 451.24mg (45.12%), Vitamin B2: 0.75mg (43.91%), Folate: 163.19µg (40.8%), Vitamin B3: 7.93mg (39.66%), Manganese: 0.68mg (34.05%), Iron: 5.39mg (29.95%), Zinc: 3.14mg (20.97%), Magnesium: 61.79mg (15.45%), Vitamin A: 726.06IU (14.52%), Vitamin B6: 0.26mg (12.87%), Vitamin B12: 0.68µg (11.31%), Fiber: 2.82g (11.26%), Copper: 0.22mg (11.25%), Vitamin B5: 0.81mg (8.05%), Potassium: 269.1mg (7.69%), Vitamin E: 0.85mg (5.65%), Vitamin K: 2.72µg (2.59%), Vitamin D: 0.29µg (1.94%)