



Grilled Cheese Sandwiches with Bacon, Spinach, Tomatoes, and Fried Eggs

READY IN



45 min.

SERVINGS



2

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup baby spinach leaves loosely packed
- 2 servings pepper black freshly ground
- 4 slices bread whole-wheat
- 2.5 tbsp butter divided softened
- 6 slices crisp-cooked bacon
- 2 large eggs
- 1 teaspoon flat-leaf parsley leaves minced
- 0.3 teaspoon thyme leaves fresh minced

- 0.5 cup coarsely gouda cheese smoked shredded
- 0.3 tsp kosher salt
- 0.3 teaspoon juice of lemon fresh
- 6 to 8 tomato halves dried

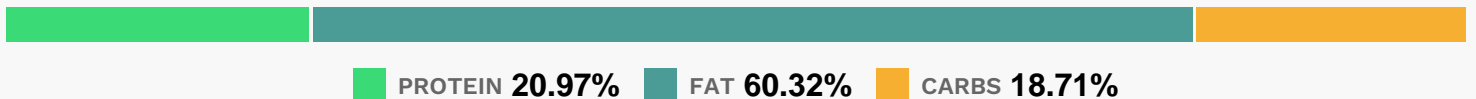
Equipment

- bowl
- frying pan
- paper towels

Directions

- Soak tomatoes in warm water until they're very soft, 20 to 30 minutes, then dry with paper towels.
- In a large nonstick frying pan, fry eggs in 1/2 tbsp. butter over medium heat until whites are just set. Season lightly with salt and pepper.
- Meanwhile, in a small bowl, combine remaining 2 tbsp. butter, 1/4 tsp. salt, pepper to taste, the parsley, thyme, and lemon juice.
- Transfer eggs to a plate.
- Spread herb butter on 1 side of each bread slice, dividing evenly. Turn 2 slices over and top with gouda, bacon, tomatoes, and spinach, dividing evenly. Top each sandwich with a fried egg and remaining bread slices, buttered sides up. Cook sandwiches until golden brown, turning once, about 8 minutes total.

Nutrition Facts



Properties

Glycemic Index:153.33, Glycemic Load:15.49, Inflammation Score:-9, Nutrition Score:27.991304418315%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 692.95kcal (34.65%), Fat: 46.53g (71.59%), Saturated Fat: 24.4g (152.51%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 29.28g (10.65%), Sugar: 7.02g (7.8%), Cholesterol: 315.35mg (105.12%), Sodium: 1640.73mg (71.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.39g (72.79%), Selenium: 52.81µg (75.44%), Phosphorus: 617.1mg (61.71%), Calcium: 534.7mg (53.47%), Manganese: 0.89mg (44.46%), Vitamin K: 45.29µg (43.13%), Vitamin B2: 0.67mg (39.64%), Vitamin A: 1828.96IU (36.58%), Vitamin B3: 6.34mg (31.68%), Zinc: 4.45mg (29.67%), Vitamin B1: 0.44mg (29.41%), Vitamin B12: 1.65µg (27.46%), Folate: 103.01µg (25.75%), Iron: 4.07mg (22.63%), Vitamin B5: 1.85mg (18.48%), Magnesium: 72.11mg (18.03%), Vitamin B6: 0.36mg (17.97%), Potassium: 595.03mg (17%), Copper: 0.26mg (13.17%), Fiber: 3.21g (12.83%), Vitamin E: 1.44mg (9.61%), Vitamin D: 1.39µg (9.28%), Vitamin C: 5.28mg (6.4%)