



Grilled Cheese Sandwiches With Tomato, Avocado, and Bacon

READY IN



27 min.

SERVINGS



4

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado cut into 8 slices
- ☐ 8 slices bacon
- ☐ 8 slices nature's own whitewheat bread
- ☐ 0.3 teaspoon pepper
- ☐ 4 ounce provolone cheese
- ☐ 0.3 cup ranch dressing
- ☐ 0.3 teaspoon salt
- ☐ 4 ounce sharp cheddar cheese

☐ 2 large tomatoes cut into 4 slices

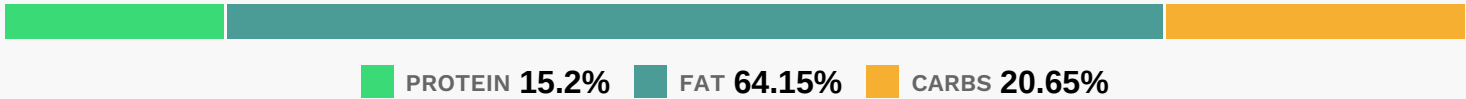
Equipment

☐ frying pan

Directions

- ☐ Prepare bacon according to package directions; drain and set aside.
- ☐ Sprinkle tomato slices evenly with salt and pepper.
- ☐ Spread 1/2 tablespoon dressing on 1 side of each bread slice. Top each dressing-coated side of 4 bread slices with 1 provolone slice; top each remaining 4 bread slices with 1 Cheddar slice. Top each provolone slice with 2 tomato slices, 2 bacon slices, and 2 avocado slices.
- ☐ Cook bread slices, cheese side up, on a hot nonstick electric griddle at 325 or in a hot nonstick skillet coated with cooking spray over medium heat 4 to 7 minutes or until browned.
- ☐ Press together Cheddar cheese-topped bread slices and provolone-topped bread slices.
- ☐ Cut in half diagonally, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.67, Glycemic Load:15.96, Inflammation Score:-8, Nutrition Score:25.954782548158%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 713.69kcal (35.68%), Fat: 51.43g (79.12%), Saturated Fat: 18.67g (116.71%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 30.52g (11.1%), Sugar: 6.89g (7.66%), Cholesterol: 80.85mg (26.95%), Sodium: 1236.25mg (53.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.85%), Selenium: 37.84µg (54.05%),

Calcium: 506.93mg (50.69%), Phosphorus: 482.12mg (48.21%), Manganese: 0.88mg (43.79%), Vitamin K: 42.09µg (40.09%), Vitamin B3: 6.38mg (31.92%), Vitamin B1: 0.43mg (29%), Vitamin B2: 0.49mg (28.75%), Folate: 111.36µg (27.84%), Vitamin A: 1388.72IU (27.77%), Fiber: 6.73g (26.92%), Zinc: 3.56mg (23.74%), Vitamin C: 17.6mg (21.34%), Vitamin B6: 0.43mg (21.31%), Potassium: 697.71mg (19.93%), Vitamin B5: 1.86mg (18.56%), Magnesium: 69.38mg (17.35%), Iron: 2.97mg (16.5%), Vitamin E: 2.44mg (16.26%), Vitamin B12: 0.96µg (16%), Copper: 0.27mg (13.59%), Vitamin D: 0.5µg (3.35%)