



## Grilled Double-Cheese and Bacon Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices bacon
- 4 inch bread
- 3 oz cheddar cheese
- 3 oz mozzarella cheese
- 1 inch onion red

### Equipment

- paper towels
- grill

baking spatula

## Directions

- Heat closed contact grill for 5 minutes.
- When grill is heated, place bacon on bottom grill surface. (If necessary, cook 4 slices at a time.) Close grill; cook 3 to 4 minutes or until browned.
- Remove bacon from grill; drain on paper towels.
- Cut bacon slices in half crosswise.
- With rubber scraper, carefully scrape most of drippings from grill into drip tray.
- Add onion to grill. Close grill; cook 4 to 6 minutes or until tender.
- To make sandwiches, layer Cheddar cheese, cooked bacon, onion and mozzarella cheese between bread slices.
- Place 2 sandwiches on bottom grill surface. Close grill; cook 3 to 5 minutes or until bread is toasted and cheese is melted. Repeat with remaining sandwiches.

## Nutrition Facts

 **PROTEIN 18.27%**  **FAT 78.41%**  **CARBS 3.32%**

## Properties

Glycemic Index:34.92, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:7.7443478209493%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 341.23kcal (17.06%), Fat: 29.56g (45.48%), Saturated Fat: 12.75g (79.67%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.46g (0.51%), Cholesterol: 67.1mg (22.37%), Sodium: 575.69mg (25.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.5g (31%), Selenium: 19.21µg (27.44%), Calcium: 263.22mg (26.32%), Phosphorus: 239.47mg (23.95%), Vitamin B12: 0.93µg (15.5%), Zinc: 1.95mg (12.99%), Vitamin B2: 0.2mg (11.54%), Vitamin B3: 1.95mg (9.73%), Vitamin B1: 0.14mg (9.65%), Vitamin A: 373.12IU (7.46%), Vitamin B6: 0.14mg (7.16%), Magnesium: 16.38mg (4.09%), Vitamin B5: 0.38mg (3.84%), Potassium: 124.16mg (3.55%), Vitamin E: 0.39mg (2.63%), Vitamin D: 0.39µg (2.59%), Iron: 0.4mg (2.23%), Manganese: 0.04mg (2.22%), Folate: 8.23µg (2.06%), Copper: 0.03mg (1.59%), Vitamin K: 1.13µg (1.07%)