



## Grilled Double-Cheese and Bacon Sandwiches

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

### Equipment

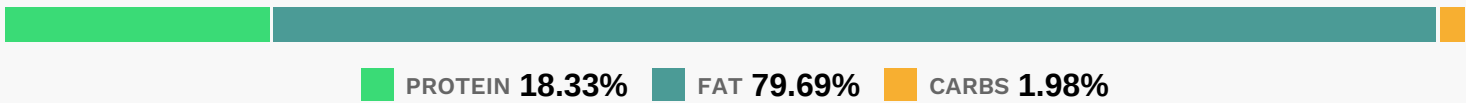
- ☐ paper towels
- ☐ grill

☐ 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



Properties

Glycemic Index:20.25, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:7.5269565959663%

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: 340.11kcal (17.01%), Fat: 29.94g (46.06%), Saturated Fat: 12.91g (80.69%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.32g (0.35%), Cholesterol: 69.31mg (23.1%), Sodium: 586mg (25.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.99%), Selenium: 18.91µg (27.01%), Calcium: 260.3mg (26.03%), Phosphorus: 237.44mg (23.74%), Vitamin B12: 0.96µg (15.93%), Zinc: 1.96mg (13.08%), Vitamin B2: 0.19mg (11.32%), Vitamin B3: 1.84mg (9.22%), Vitamin B1: 0.14mg (9.1%), Vitamin A: 373.07IU (7.46%), Vitamin B6: 0.14mg (7.17%), Magnesium: 15.51mg (3.88%), Vitamin B5: 0.37mg (3.72%), Potassium: 123.14mg (3.52%), Vitamin D: 0.4µg (2.69%), Vitamin E: 0.39mg (2.63%), Iron: 0.33mg (1.84%), Folate: 6.18µg (1.54%), Copper: 0.03mg (1.44%)