



Grilled Four-Cheese Sandwich with Tomato, Avocado, and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



1180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado cut into 8 slices*
- ☐ 8 slices microwave bacon
- ☐ 0.3 cup butter softened
- ☐ 4 ounces jalapeno jack cheese sliced
- ☐ 2 tablespoons mayonnaise
- ☐ 1 teaspoon parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon rice vinegar

- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese sliced
- ☐ 8 slices sourdough bread
- ☐ 0.3 cup thousand island dressing
- ☐ 2 large tomatoes cut into 4 slices
- ☐ 4 ounces cheddar cheese white sliced

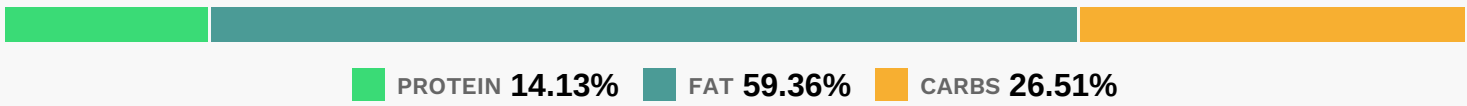
Equipment

- ☐ frying pan

Directions

- ☐ Cook bacon according to package directions; drain and set aside.
- ☐ Sprinkle tomatoes evenly with salt and pepper; sprinkle avocado with vinegar. Stir together butter and Parmesan cheese. Set aside.
- ☐ Spread mayonnaise on 1 side of 4 bread slices; layer each with 1 sharp Cheddar cheese slice, 1 tomato slice, 2 avocado slices, 2 bacon slices, 1 jalapeo cheese slice, 1 tomato slice, and 1 white Cheddar cheese slice.
- ☐ Spread remaining 4 bread slices with dressing; place on top of sandwich with dressing side down.
- ☐ Spread half of butter mixture evenly on 1 side of sandwiches. Cook 2 sandwiches, buttered side down, in a hot nonstick skillet or griddle over medium heat 2 to 3 minutes.
- ☐ Spread remaining butter mixture evenly on ungrilled sides of sandwiches; turn and cook 2 to 3 minutes. Repeat procedure with remaining sandwiches.
- ☐ * Substitute 1/2 cup guacamole for avocado and rice vinegar, if desired.

Nutrition Facts



Properties

Glycemic Index:105.38, Glycemic Load:52.97, Inflammation Score:-9, Nutrition Score:38.862608743751%

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: 1180.26kcal (59.01%), Fat: 78.57g (120.88%), Saturated Fat: 33.02g (206.4%), Carbohydrates: 78.96g (26.32%), Net Carbohydrates: 71.53g (26.01%), Sugar: 11.39g (12.66%), Cholesterol: 149.55mg (49.85%), Sodium: 2063.82mg (89.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.07g (84.15%), Selenium: 66.8µg (95.44%), Vitamin B1: 1.35mg (89.68%), Calcium: 714.64mg (71.46%), Phosphorus: 648.55mg (64.85%), Vitamin B2: 1.05mg (61.48%), Folate: 229.67µg (57.42%), Vitamin B3: 9.48mg (47.42%), Manganese: 0.89mg (44.29%), Vitamin K: 44.13µg (42.03%), Vitamin A: 2037.21IU (40.74%), Zinc: 5.38mg (35.85%), Iron: 6.22mg (34.58%), Fiber: 7.43g (29.73%), Vitamin B6: 0.52mg (25.99%), Vitamin E: 3.68mg (24.53%), Magnesium: 96.08mg (24.02%), Potassium: 788.45mg (22.53%), Vitamin C: 17.49mg (21.2%), Copper: 0.39mg (19.69%), Vitamin B12: 1.11µg (18.42%), Vitamin B5: 1.78mg (17.78%), Vitamin D: 0.71µg (4.71%)