



Grilled Pimiento, Cheddar, and Bacon on Sourdough

READY IN



19 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bacon crumbled cooked
- 4 ounces cream cheese softened
- 0.5 teaspoon pepper black
- 6 servings mayonnaise
- 12 slices bread whole
- 1 tablespoon onion grated
- 1 roasted peppers red chopped
- 8 ounces sharp cheddar cheese shredded

- 0.3 teaspoon paprika smoked
- 1 teaspoon worcestershire sauce

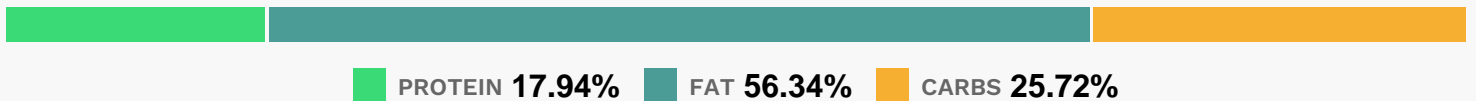
Equipment

- food processor
- frying pan

Directions

- Pulse first 7 ingredients and 1/3 cup mayonnaise in a food processor until blended but still chunky. Stir in bacon.
- Spread about 1/3 cup cheese mixture on 6 bread slices; top with remaining 6 bread slices.
- Spread outside of sandwiches with a thin layer of mayonnaise. Cook sandwiches in a large nonstick skillet, in batches, over medium heat 2 minutes on each side or until golden brown.

Nutrition Facts



Properties

Glycemic Index:41.28, Glycemic Load:15.08, Inflammation Score:-6, Nutrition Score:16.167391289835%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 417.97kcal (20.9%), Fat: 26.24g (40.37%), Saturated Fat: 12.6g (78.75%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 23.42g (8.52%), Sugar: 3.51g (3.9%), Cholesterol: 63.85mg (21.28%), Sodium: 771.13mg (33.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.6%), Manganese: 1.24mg (61.88%), Selenium: 29.61µg (42.3%), Calcium: 382.67mg (38.27%), Phosphorus: 336.44mg (33.64%), Vitamin B2: 0.32mg (18.89%), Vitamin B1: 0.27mg (17.87%), Zinc: 2.66mg (17.72%), Vitamin B3: 3.13mg (15.65%), Magnesium: 58.13mg (14.53%), Vitamin A: 713.67IU (14.27%), Fiber: 3.53g (14.13%), Vitamin K: 12.55µg (11.95%), Vitamin B6: 0.2mg (10.09%), Iron: 1.71mg (9.52%), Folate: 34.81µg (8.7%), Vitamin B12: 0.51µg (8.42%), Copper: 0.16mg (8.11%), Vitamin B5: 0.72mg (7.23%), Potassium: 245.02mg (7%), Vitamin E: 0.93mg (6.19%), Vitamin C: 3.12mg (3.78%), Vitamin D: 0.26µg (1.71%)