



Grown-Up Grilled Cheese Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large garlic clove minced
- ☐ 1 cup onion red vertically sliced
- ☐ 4 ounces sharp cheddar cheese shredded white reduced-fat (such as Cracker Barrel)
- ☐ 2 cups pkt spinach fresh
- ☐ 6 slices bacon cooked
- ☐ 2 inch tomatoes
- ☐ 1.5 ounce sandwich bread white hearty (such as Pepperidge Farm)

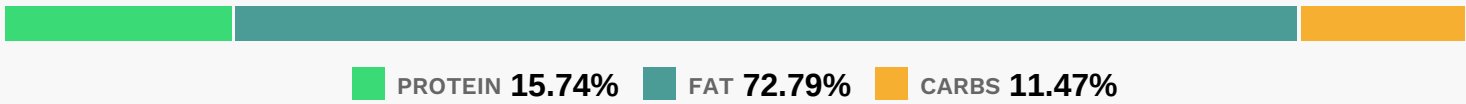
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-low heat. Coat pan with cooking spray.
- ☐ Add 1 cup onion and garlic; cook for 10 minutes or until tender and golden brown, stirring occasionally.
- ☐ Sprinkle 2 tablespoons cheese over each of 4 bread slices. Top each slice with 1/2 cup spinach, 2 tomato slices, 2 tablespoons onion mixture, and 1 1/2 bacon slices.
- ☐ Sprinkle each with 2 tablespoons cheese; top with the remaining 4 bread slices.
- ☐ Heat skillet over medium heat. Coat pan with cooking spray.
- ☐ Place sandwiches in pan, and cook for 3 minutes on each side or until golden brown and cheese melts.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:4.89, Inflammation Score:-8, Nutrition Score:15.049565159756%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 390.35kcal (19.52%), Fat: 31.56g (48.55%), Saturated Fat: 12.74g (79.61%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 9.91g (3.6%), Sugar: 2.46g (2.73%), Cholesterol: 63.99mg (21.33%), Sodium: 607.24mg (26.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.7%), Vitamin K: 73.42µg (69.93%), Vitamin A: 1722.15IU (34.44%), Selenium: 21.8µg (31.14%), Calcium: 251.1mg (25.11%), Phosphorus: 240.02mg (24%), Vitamin B1: 0.24mg (16.22%), Vitamin B3: 2.86mg (14.3%), Vitamin B2: 0.23mg (13.79%), Folate: 54.67µg (13.67%), Manganese: 0.27mg (13.59%), Vitamin B6: 0.26mg (13.03%), Zinc: 1.93mg (12.86%), Vitamin B12: 0.57µg (9.51%), Vitamin C: 7.58mg (9.19%), Magnesium: 33.18mg (8.3%), Potassium: 289.3mg (8.27%), Iron: 1.13mg (6.28%), Vitamin B5: 0.54mg (5.38%), Vitamin E: 0.79mg (5.25%), Fiber: 1.29g (5.14%), Copper: 0.08mg (4.17%), Vitamin D: 0.39µg (2.57%)