



Honeycrisp Apple, Cheddar, Bacon and Bitter Greens Sandwich

READY IN



70 min.

SERVINGS



40

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 honeycrisp apples thinly sliced
- ☐ 5 cups arugula
- ☐ 1 stick butter at room temperature
- ☐ 20 slices pumpernickel bread
- ☐ 5 cups sharp artisanal cheddar such as tillamook grated
- ☐ 40 strips bacon thick-cut

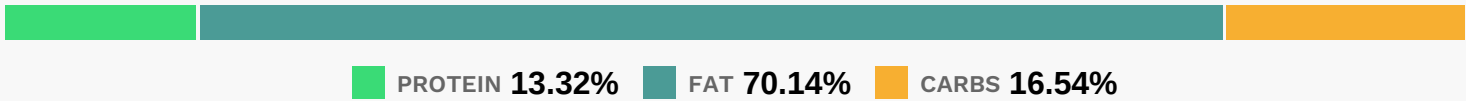
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Preheat a griddle over medium-high heat.
- ☐ Lay the bacon strips on the griddle. Cook the bacon until browned and crisp.
- ☐ Drain the bacon on paper towels and reserve the bacon fat.
- ☐ To build your grilled cheese, place 1/4 cup of thecheese on the bottom of aslice of bread. Top with 2 slices bacon, 4 slices apple, some arugula,1/4 cup more of the cheese and another slice of bread. Repeat with the remaining ingredients.
- ☐ Spread each side of the sandwich with some of the butter. Griddle until the bread is toasted, golden brown and delicious, 2 to 3 minutes on each side.
- ☐ Cut each sandwich into 4 pieces and serve.

Nutrition Facts



Properties

Glycemic Index:4.93, Glycemic Load:4.61, Inflammation Score:-3, Nutrition Score:6.8530434836512%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 280.46kcal (14.02%), Fat: 21.93g (33.74%), Saturated Fat: 9.03g (56.43%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.01g (3.64%), Sugar: 2.55g (2.83%), Cholesterol: 43.96mg (14.65%), Sodium: 445.12mg (19.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Selenium: 15.19µg (21.7%), Phosphorus: 149.49mg (14.95%), Calcium: 118.59mg (11.86%), Manganese: 0.23mg (11.51%), Vitamin B1: 0.16mg (10.73%), Vitamin

B3: 1.98mg (9.9%), Vitamin B2: 0.15mg (8.78%), Zinc: 1.2mg (8.02%), Vitamin B6: 0.14mg (6.85%), Fiber: 1.63g (6.5%), Vitamin A: 297.06IU (5.94%), Vitamin B12: 0.33µg (5.58%), Folate: 21.04µg (5.26%), Magnesium: 19.14mg (4.79%), Potassium: 149.68mg (4.28%), Iron: 0.69mg (3.85%), Vitamin K: 3.89µg (3.71%), Copper: 0.07mg (3.69%), Vitamin B5: 0.35mg (3.51%), Vitamin E: 0.45mg (2.97%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.23µg (1.52%)