



WHATSheATE



Kimchi and Bacon Grilled Cheese Sandwich

🤍 Popular

READY IN



25 min.

SERVINGS



1

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon cut into 1 inch pieces
- ☐ 2 slices bread
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons kimchi drained coarsely chopped
- ☐ 2 slices cheddar shredded (or)

Equipment

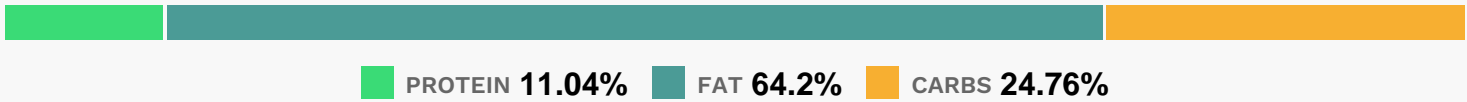
- ☐ frying pan
- ☐ paper towels

☐ grill

Directions

- ☐ Cook the bacon in a pan over medium heat, set aside on paper towels to drain reserving 1 teaspoon of grease in the pan.
- ☐ Add the kimchi and saute until it starts to caramelize, about 3–5 minutes.
- ☐ Heat a clean pan over medium heat. Butter one side of each slice of bread, place one slice in the pan with buttered side down, top with half of the cheese, the kimchi, bacon, the remaining cheese and finally the other slice of bread with buttered side up. Grill until golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:135.67, Glycemic Load:14.31, Inflammation Score:-5, Nutrition Score:12.436086992207%

Nutrients (% of daily need)

Calories: 449.9kcal (22.49%), Fat: 32.18g (49.51%), Saturated Fat: 13.84g (86.5%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 25.22g (9.17%), Sugar: 3.54g (3.93%), Cholesterol: 61.14mg (20.38%), Sodium: 806.54mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.91%), Selenium: 25.83µg (36.89%), Manganese: 0.67mg (33.63%), Vitamin B3: 5.23mg (26.16%), Vitamin B1: 0.36mg (23.72%), Iron: 2.94mg (16.34%), Folate: 63.82µg (15.95%), Vitamin K: 16.67µg (15.87%), Phosphorus: 155.22mg (15.52%), Vitamin B2: 0.25mg (14.85%), Vitamin B6: 0.24mg (12.2%), Fiber: 2.71g (10.85%), Calcium: 99.46mg (9.95%), Zinc: 1.25mg (8.35%), Vitamin A: 414.8IU (8.3%), Magnesium: 33.2mg (8.3%), Vitamin B5: 0.73mg (7.27%), Potassium: 215.64mg (6.16%), Copper: 0.11mg (5.46%), Vitamin E: 0.67mg (4.45%), Vitamin B12: 0.26µg (4.42%), Vitamin D: 0.19µg (1.25%)