



Kimchi Chicken Melt

READY IN



45 min.

SERVINGS



1

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon cut into bite sized pieces)
- ☐ 2 slices bread cut in half)
- ☐ 1 tablespoon butter room temperature ()
- ☐ 1 handful cheese grated ()
- ☐ 1 teaspoon korean honey citron tea paste
- ☐ 1 green onion sliced ()
- ☐ 0.3 cup kimchi drained chopped (and)
- ☐ 2 tablespoons mayonnaise
- ☐ 1 teaspoon sesame seed toasted ()

☐ 0.5 cup meat from a rotisserie chicken shredded cooked (and)

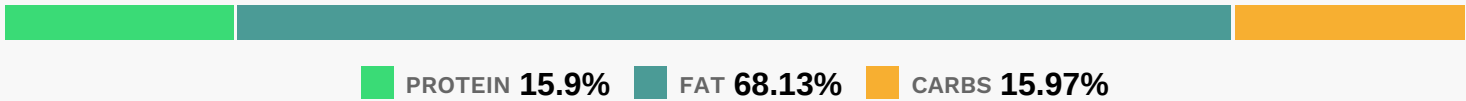
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Cook the bacon and set aside
- ☐ Saute the kimchi in the bacon grease until caramelized, about 3–5 minutes.
- ☐ Mix mayonnaise and gochujang in a small bowl.
- ☐ Mix the bacon, kimchi, gochujang mayo, green onion and sesame seeds.
- ☐ Butter one side of each slice bread.
- ☐ Place the buttered side of one slice of bread in a heated pan and top with the chicken salad mixture followed by the cheese and the second slice of bread with the buttered side face up.
- ☐ Grill until golden brown on both sides and the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:252.67, Glycemic Load:14.65, Inflammation Score:-6, Nutrition Score:22.843913187151%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 773.49kcal (38.67%), Fat: 58.45g (89.93%), Saturated Fat: 18.34g (114.6%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 27.56g (10.02%), Sugar: 4.42g (4.91%), Cholesterol: 124.4mg (41.47%), Sodium: 1029.33mg (44.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.38%), Vitamin K: 86.82µg (82.69%), Selenium: 44.22µg (63.17%), Vitamin B3: 10.97mg (54.86%), Manganese: 0.75mg (37.74%), Phosphorus: 310.34mg (31.03%), Vitamin B1: 0.43mg (28.57%), Vitamin B6: 0.56mg (28.1%), Iron: 4.33mg (24.08%), Vitamin B2:

0.37mg (21.92%), Folate: 78.2µg (19.55%), Zinc: 2.53mg (16.87%), Vitamin B5: 1.46mg (14.61%), Magnesium: 57.81mg (14.45%), Calcium: 131.9mg (13.19%), Fiber: 3.27g (13.09%), Copper: 0.25mg (12.6%), Potassium: 440.5mg (12.59%), Vitamin A: 580.69IU (11.61%), Vitamin E: 1.66mg (11.08%), Vitamin B12: 0.49µg (8.18%), Vitamin C: 3.17mg (3.84%), Vitamin D: 0.24µg (1.59%)