



Melly Monsieur

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.8 ounces canadian bacon
- ☐ 0.8 cup gruyère cheese shaved
- ☐ 6 ounce multigrain bread
- ☐ 8 teaspoons creamy mustard blend (such as Dijonnaise)
- ☐ 3 inch tomatoes

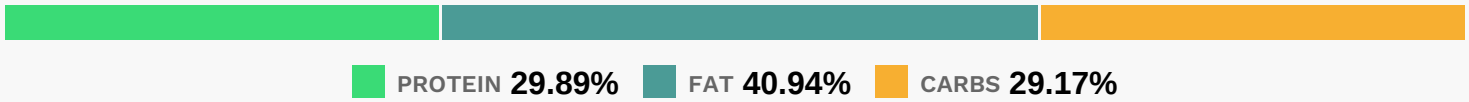
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Place bread in a single layer on a baking sheet; broil 1 1/2 minutes on each side or until lightly toasted.
- ☐ Spread 2 teaspoons mustard blend on each bread slice. Top each serving with 2 bacon slices, 3 tomato slices, and about 3 tablespoons cheese. Broil 3 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:11.05, Inflammation Score:-4, Nutrition Score:14.45999988784%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 270.08kcal (13.5%), Fat: 12.22g (18.8%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 16.59g (6.03%), Sugar: 2.16g (2.4%), Cholesterol: 44.23mg (14.74%), Sodium: 785.71mg (34.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.14%), Manganese: 0.96mg (48.19%), Selenium: 26.46µg (37.81%), Phosphorus: 333.81mg (33.38%), Calcium: 328.5mg (32.85%), Vitamin B1: 0.46mg (30.41%), Vitamin B3: 4.1mg (20.49%), Zinc: 2.25mg (15.03%), Magnesium: 52.45mg (13.11%), Vitamin B6: 0.25mg (12.65%), Vitamin B2: 0.21mg (12.07%), Fiber: 3g (12.02%), Vitamin B12: 0.62µg (10.4%), Iron: 1.53mg (8.48%), Potassium: 262.9mg (7.51%), Vitamin D: 1.1µg (7.34%), Vitamin B5: 0.64mg (6.39%), Copper: 0.13mg (6.39%), Folate: 22.68µg (5.67%), Vitamin A: 258.87IU (5.18%), Vitamin K: 4.29µg (4.08%), Vitamin E: 0.42mg (2.77%)