



Onion and Bacon Cheese Sandwiches

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 1/2-inch pieces
- ☐ 1 medium onion thinly sliced
- ☐ 6 oz cheddar cheese
- ☐ 8 slices vienna bread

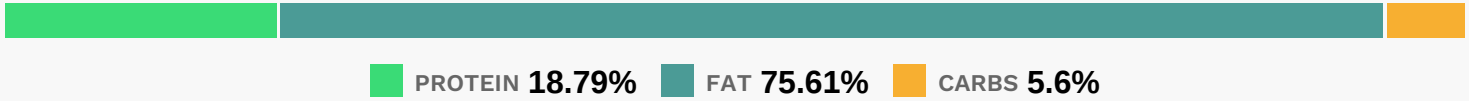
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook bacon over medium heat about 4 minutes, stirring occasionally, until almost cooked.
- ☐ Add onion. Cook 2 to 3 minutes, turning occasionally, until tender.
- ☐ Remove bacon and onion from skillet. Reserve 1 tablespoon drippings in skillet.
- ☐ To make each sandwich, layer cheese, bacon and onion between 2 bread slices.
- ☐ Place 2 sandwiches in drippings in skillet. Cover and cook over medium-low heat 3 to 5 minutes, turning once, until bread is crisp and golden brown and cheese is melted. Repeat with remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:7.3678261197132%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 280.84kcal (14.04%), Fat: 23.61g (36.32%), Saturated Fat: 11.24g (70.27%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.31g (1.45%), Cholesterol: 58.78mg (19.59%), Sodium: 442.43mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.39%), Calcium: 308.27mg (30.83%), Selenium: 16.93µg (24.19%), Phosphorus: 235.4mg (23.54%), Zinc: 1.9mg (12.66%), Vitamin B2: 0.21mg (12.64%), Vitamin B12: 0.58µg (9.69%), Vitamin A: 434.78IU (8.7%), Vitamin B6: 0.12mg (6.16%), Vitamin B1: 0.09mg (5.83%), Vitamin B3: 0.97mg (4.86%), Magnesium: 17.01mg (4.25%), Folate: 14.24µg (3.56%), Vitamin B5: 0.34mg (3.39%), Potassium: 118.47mg (3.38%), Vitamin E: 0.42mg (2.82%), Vitamin C: 2.04mg (2.47%), Vitamin D: 0.36µg (2.37%), Manganese: 0.04mg (2.11%), Fiber: 0.47g (1.87%), Copper: 0.03mg (1.73%), Iron: 0.23mg (1.3%), Vitamin K: 1.16µg (1.11%)