



Peameal Bacon and Roasted Tomato Sandwich with Cheddar Cheese and Grainy Honey Mustard

♥ Popular

READY IN



70 min.

SERVINGS



1

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 2 slices canadian bacon
- ☐ 2 slices cheddar cheese
- ☐ 1 teaspoon honey into 1 tablespoon grainy mustard mixed
- ☐ 1 leaf lettuce
- ☐ 1 teaspoon olive oil

- ☐ 1 serving salt and pepper to taste
- ☐ 1 medium tomatoes cut in half

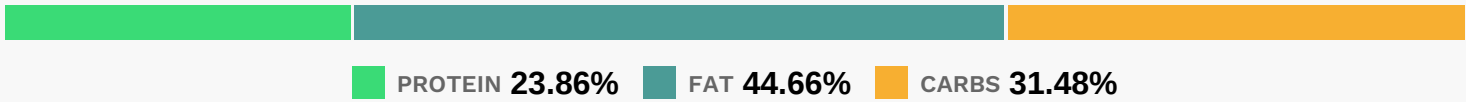
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the tomatoes on a baking sheet with the cut side facing up, drizzle with oil, season with salt and pepper and roast in a preheated 350F oven for an hour.When the tomatoes have cooled a bit, cook the bacon and assemble the sandwich while still warm so that the cheese starts to melt.

Nutrition Facts



Properties

Glycemic Index:155.67, Glycemic Load:15.82, Inflammation Score:-8, Nutrition Score:22.766087034474%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 450.27kcal (22.51%), Fat: 22.33g (34.35%), Saturated Fat: 8.77g (54.82%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 31.6g (11.49%), Sugar: 7.71g (8.57%), Cholesterol: 62.5mg (20.83%), Sodium: 1228.34mg (53.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.67%), Selenium: 40.01µg (57.15%), Vitamin B1: 0.72mg (47.79%), Manganese: 0.83mg (41.74%), Phosphorus: 397.59mg (39.76%), Vitamin B3: 7.44mg (37.2%), Calcium: 328.84mg (32.88%), Vitamin A: 1406.55IU (28.13%), Vitamin B2: 0.41mg (24.38%), Vitamin C: 17.19mg (20.83%), Vitamin B6: 0.41mg (20.48%), Folate: 77.79µg (19.45%), Zinc: 2.84mg (18.96%), Potassium: 604.09mg (17.26%), Vitamin K: 17.61µg (16.77%), Iron: 2.85mg (15.82%), Fiber: 3.81g (15.25%), Magnesium: 55.92mg (13.98%), Vitamin B12: 0.74µg (12.37%), Vitamin D: 1.8µg (12%), Vitamin E: 1.74mg (11.57%), Vitamin B5: 1.01mg (10.13%), Copper: 0.19mg (9.72%)