



Savory Honey Dijon Melt

READY IN



16 min.

SERVINGS



16

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon fully cooked
- 1 tsp butter softened
- 1 tsp grey poupon savory honey mustard
- 2 slices multi-grain bread
- 0.3 cup pears fresh thinly sliced
- 1 big sharp cheddar cheese cut in half kraft

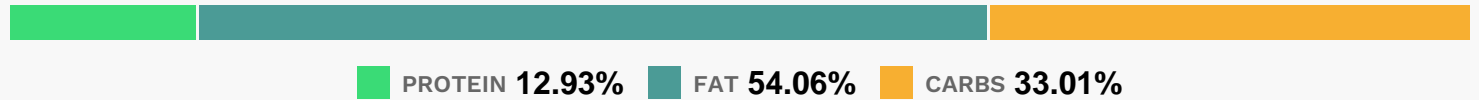
Equipment

- frying pan

Directions

- Heat bacon as directed on package.
- Spread bread slices with mustard; fill with cheese, pears and bacon.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:0.79565216924833%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 24.91kcal (1.25%), Fat: 1.49g (2.3%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.46g (0.51%), Cholesterol: 2.55mg (0.85%), Sodium: 37.96mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Manganese: 0.08mg (3.81%), Selenium: 1.48µg (2.11%), Vitamin B1: 0.02mg (1.44%), Vitamin B3: 0.27mg (1.35%), Phosphorus: 12.04mg (1.2%), Fiber: 0.29g (1.15%)