



## The Italian Elvis

READY IN



25 min.

SERVINGS



4

CALORIES



1114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 slices bacon
- 2 bananas
- 6 tablespoons chocolate-hazelnut spread
- 8 slices top white thick
- 1 cup mascarpone cheese
- 4 servings butter salted for the bread

### Equipment

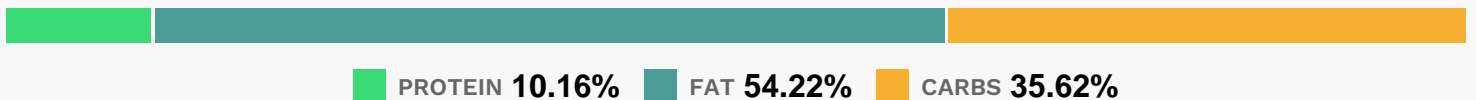
- bowl

- frying pan
- baking sheet
- paper towels
- oven

## Directions

- Preheat the oven to 400 degrees F. Arrange the bacon slices side by side on a parchment-lined baking sheet; bake until crisp, 15 to 18 minutes.
- Drain on paper towels.
- Meanwhile, place the bananas in a small bowl and mash with a fork until smooth. Fold in the mascarpone until combined.
- Spread a thick layer of chocolate-hazelnut spread on 4 bread slices, then top each with 3 bacon slices.
- Spread the banana-mascarpone mixture on the remaining 4 bread slices, then place on top to make 4 sandwiches.
- Spread butter on both sides of the sandwiches.
- Heat a large skillet over medium-high heat. Working in batches if necessary, cook the sandwiches on each side until GBD-golden brown and delicious.
- Photography by Johnny Miller

## Nutrition Facts



## Properties

Glycemic Index:53.65, Glycemic Load:62.38, Inflammation Score:-8, Nutrition Score:26.277825790903%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 1114.44kcal (55.72%), Fat: 67.1g (103.23%), Saturated Fat: 35.72g (223.25%), Carbohydrates: 99.17g (33.06%), Net Carbohydrates: 93.32g (33.94%), Sugar: 28.1g (31.22%), Cholesterol: 110.56mg (36.85%), Sodium: 1282.54mg (55.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.56%), Vitamin B1: 1.13mg (75.54%), Selenium: 51.51µg (73.59%), Manganese: 1.08mg (53.91%), Vitamin B3: 9.34mg (46.69%), Folate: 173.27µg (43.32%), Vitamin B2: 0.69mg (40.7%), Iron: 6.65mg (36.92%), Phosphorus: 285.8mg (28.58%), Vitamin B6: 0.55mg (27.6%), Fiber: 5.85g (23.39%), Magnesium: 82.67mg (20.67%), Copper: 0.4mg (19.92%), Vitamin A: 975.46IU (19.51%), Calcium: 182.73mg (18.27%), Potassium: 605.8mg (17.31%), Zinc: 2.5mg (16.65%), Vitamin E: 2.1mg (14.03%), Vitamin B5: 1.1mg (10.95%), Vitamin B12: 0.41µg (6.89%), Vitamin C: 5.13mg (6.22%), Vitamin K: 2.07µg (1.97%), Vitamin D: 0.26µg (1.76%)