



Tomatillo Grilled Cheese and Bacon Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 12 slices ciabatta bread thick ()
- ☐ 0.3 cup cilantro leaves
- ☐ 8 slices bacon cooked
- ☐ 6 ounces mozzarella cheese cut into thin wedges
- ☐ 4 ounces sharp cheddar cheese thinly sliced
- ☐ 6 oz tomatillos rinsed cut into 1/4-in.-thick slices

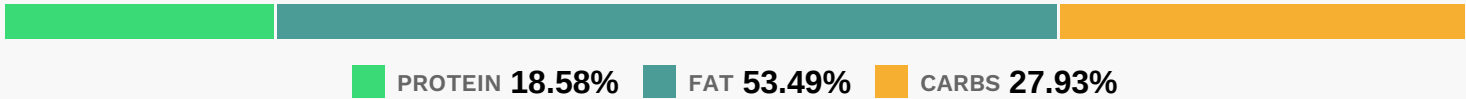
Equipment

☐ frying pan

Directions

- ☐ Spread a side of each bread slice with butter. Turn 6 slices over; top with cheddar, then tomatillos, bacon, cilantro, and panela. Top with remaining bread, buttered side up.
- ☐ Cook sandwiches in a large nonstick frying pan (work in batches or use 2 pans) over medium-low heat until golden on both sides and cheese melts, 7 minutes total.
- ☐ *Panela, a fresh Mexican cheese, melts without losing its shape. Find it at Mexican markets.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:12.580434892489%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 626.04kcal (31.3%), Fat: 37.29g (57.37%), Saturated Fat: 20.64g (129.02%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 42.06g (15.29%), Sugar: 2.22g (2.47%), Cholesterol: 108.29mg (36.1%), Sodium: 1224.54mg (53.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.29%), Calcium: 423.99mg (42.4%), Phosphorus: 362.93mg (36.29%), Selenium: 23.73µg (33.9%), Vitamin B12: 1.47µg (24.48%), Vitamin A: 1047.95IU (20.96%), Zinc: 2.88mg (19.22%), Vitamin B2: 0.3mg (17.87%), Vitamin B3: 2.54mg (12.71%), Vitamin K: 10.05µg (9.57%), Vitamin B1: 0.13mg (8.71%), Magnesium: 30.17mg (7.54%), Potassium: 256.57mg (7.33%), Vitamin B6: 0.15mg (7.33%), Fiber: 1.76g (7.04%), Vitamin C: 5.25mg (6.36%), Vitamin E: 0.88mg (5.84%), Manganese: 0.09mg (4.42%), Vitamin B5: 0.44mg (4.41%), Iron: 0.67mg (3.71%), Copper: 0.07mg (3.33%), Folate: 12.95µg (3.24%), Vitamin D: 0.4µg (2.69%)