



## Ultimate Grilled Cheese Sandwich

READY IN



35 min.

SERVINGS



2

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon cut in half
- 1 Tablespoon butter
- 2 servings butter for grilling
- 2 slices monterrey jack cheese (I Used Swiss And Monterey Jack)
- 1 Dashes hot sauce (I Used Louisiana)
- 2 Tablespoons mayonnaise
- 1 onion whole halved sliced
- 2 servings salt and pepper to taste
- 2 slices sandwich bread

- 3 hardboiled eggs whole hard boiled peeled sliced

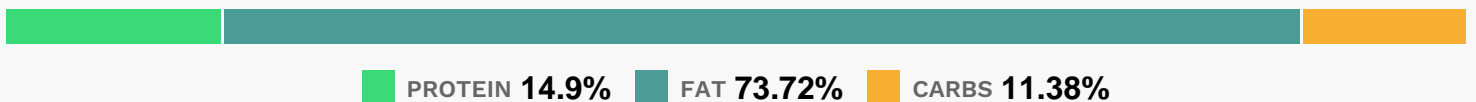
## Equipment

- frying pan
- paper towels
- serrated knife

## Directions

- Melt the butter in a skillet over medium-low heat and cook the onions low and slow for about 20 minutes, stirring frequently.
- Remove them to a place when they're deep golden brown and soft. Fry the bacon in the same skillet until slightly crisp.
- Remove to a paper towel to drain.
- Combine the mayonnaise and the hot sauce and stir. Taste and add more hot sauce if needed.
- Sprinkle the sliced eggs generously with salt and pepper. To assemble, spread one side of each piece of bread with the spicy mayo. Build the sandwich however you wish: eggs, bacon, cheese, onions, more eggs, more cheese.
- Spread one side of the assembled sandwich with softened butter and put it butter-side down on a griddle or skillet over medium-low heat.
- Spread the top side with butter, then continue grilling the sandwich until the bread is golden and slightly crisp and the filling is warm/cheese is melted.
- Cut in half with a sharp serrated knife and share with a loved one!

## Nutrition Facts



## Properties

Glycemic Index:139.39, Glycemic Load:10, Inflammation Score:-6, Nutrition Score:18.197826157445%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## **Nutrients (% of daily need)**

Calories: 674.92kcal (33.75%), Fat: 55.06g (84.71%), Saturated Fat: 21.68g (135.52%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 17.61g (6.4%), Sugar: 4.73g (5.26%), Cholesterol: 365.39mg (121.8%), Sodium: 1034.9mg (45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.09%), Selenium: 42.52µg (60.74%), Phosphorus: 366.71mg (36.67%), Vitamin B2: 0.61mg (35.95%), Calcium: 318.1mg (31.81%), Vitamin K: 24.86µg (23.67%), Vitamin B12: 1.32µg (22.03%), Vitamin B1: 0.33mg (21.95%), Folate: 77.3µg (19.33%), Vitamin A: 932.01IU (18.64%), Zinc: 2.49mg (16.62%), Vitamin B6: 0.32mg (16.02%), Vitamin B5: 1.59mg (15.9%), Vitamin B3: 3.1mg (15.51%), Vitamin D: 2.02µg (13.48%), Iron: 2.26mg (12.58%), Manganese: 0.25mg (12.39%), Vitamin E: 1.84mg (12.25%), Potassium: 319.64mg (9.13%), Magnesium: 32.98mg (8.24%), Fiber: 1.51g (6.04%), Vitamin C: 4.11mg (4.98%), Copper: 0.09mg (4.62%)