



Zippy Grilled Cheese & Bacon Sandwich

READY IN



11 min.

SERVINGS



1

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon cooked
- 2 singles kraft
- 2 tsp miracle whip dressing
- 2 slices bread white

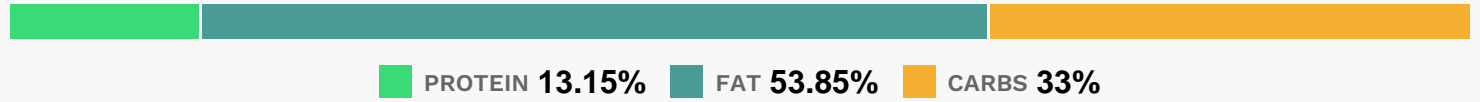
Equipment

- frying pan

Directions

- Fill bread slices with Singles and bacon.
- Spread outside of sandwich with dressing.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:74.78, Glycemic Load:17.54, Inflammation Score:-3, Nutrition Score:8.5526086185937%

Nutrients (% of daily need)

Calories: 329.84kcal (16.49%), Fat: 19.55g (30.07%), Saturated Fat: 6.33g (39.59%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 25.6g (9.31%), Sugar: 3.83g (4.26%), Cholesterol: 30.26mg (10.09%), Sodium: 634.54mg (27.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.48%), Selenium: 20.44µg (29.21%), Vitamin B1: 0.37mg (25%), Vitamin B3: 4.15mg (20.75%), Manganese: 0.3mg (15.04%), Folate: 55.5µg (13.88%), Phosphorus: 138.82mg (13.88%), Calcium: 122.54mg (12.25%), Iron: 1.87mg (10.41%), Vitamin B2: 0.16mg (9.48%), Vitamin B6: 0.16mg (8.15%), Zinc: 1.01mg (6.73%), Fiber: 1.34g (5.38%), Vitamin B5: 0.51mg (5.12%), Magnesium: 18.78mg (4.7%), Potassium: 155.24mg (4.44%), Copper: 0.08mg (4.02%), Vitamin B12: 0.22µg (3.67%), Vitamin E: 0.3mg (1.99%), Vitamin A: 67IU (1.34%), Vitamin D: 0.18µg (1.17%)