

Bacon Grilled Cheese Sandwich

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-chinese-sandwich-recipe>

Ingredients:

- 8 slices country style white bread each 1/2 inch thick
- 4 teaspoons olive oil
- 1/4 pound low fat cheddar cheese thinly sliced
- 8 bacon slices cooked
- 1/4 pound low fat monterey jack cheese thinly sliced

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 40 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 10 grams
8. Sodium: 800 milligrams
9. Sugar: 3 grams

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