

Jalapeno Popper Grilled Cheese with Avocado and Bacon

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*4 medium jalapeno peppers
1 avocado
4 slices good quality sandwich bread
2 tablespoons butter
4 tablespoons cream cheese, softened
1/2 cup Cheddar cheese, shredded
4 slices bacon, cooked and halved
2 slices Pepper Jack cheese*

Begin by roasting the jalapenos. Turn the broiler to 400 degrees. Place the jalapenos on a baking sheet in the top of the oven. Look at them after 4 to 5 minutes. If they are blackened, turn them over and allow to blacken on all sides. Remove to a plate. Allow to cool for about 10 minutes.

When the jalapenos have cooled sufficiently to handle them, strip the blackened skin off. Cut them in half and scrape away the seeds. Set aside.

Cut the avocado in half and hold it in your hand. Carefully use a knife to cut thin slices into the flesh (be careful not to let the knife pierce the avocado skin when slicing). Use a spoon to remove the flesh from the skin. Set aside on a plate.

Butter one side of each slice of bread. Stack them with the buttered sides touching. Spread one tablespoon of cream cheese on the exposed top piece of bread.

Sprinkle some Cheddar on top of the cream cheese. Lay four pieces of bacon on each sandwich.

Place a slice of Pepper Jack on the bacon. Add the avocado and the remaining Cheddar cheese.

Spread another tablespoon of cream cheese on the unbuttered side of the bottom piece of bread. Place on the top.

Grill on a griddle over medium-low heat until the cheese is melted and the bread is golden brown.

Per Serving (excluding unknown items): 1120 Calories; 106g Fat (82.1% calories from fat); 31g Protein; 21g Carbohydrate; 7g Dietary Fiber; 207mg Cholesterol; 1182mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 18 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	1120	Vitamin B6 (mg):	.9mg
% Calories from Fat:	82.1%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	7.1%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	10.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	106g	Folacin (mcg):	171mcg
Saturated Fat (g):	48g	Niacin (mg):	6mg
Monounsaturated Fat (g):	43g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	207mg	% Protein:	100%
Carbohydrate (g):	21g	Food Exchanges	
Dietary Fiber (g):	7g	Grain (Starch):	0
Protein (g):	31g	Lean Meat:	3 1/2
Sodium (mg):	1182mg	Vegetable:	1/2
Potassium (mg):	1580mg	Fruit:	1
Calcium (mg):	493mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	18 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	49mg		
Vitamin A (i.u.):	3646IU		
Vitamin A (r.e.):	779RE		

Nutrition Facts

Amount Per Serving

Calories 1120 **Calories from Fat:** 920

% Daily Values*

Total Fat 106g	162%
Saturated Fat 48g	242%
Cholesterol 207mg	69%
Sodium 1182mg	49%
Total Carbohydrates 21g	7%
Dietary Fiber 7g	26%
Protein 31g	

Vitamin A	73%
Vitamin C	82%
Calcium	49%
Iron	22%

* Percent Daily Values are based on a 2000 calorie diet.