



Bacon, Apples, and Dill (B.A.D. Sandwich)

 Dairy Free

READY IN



310 min.

SERVINGS



1

CALORIES



1380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 honeycrisp apple
- ☐ 1 cup apple cider
- ☐ 1 bay leaf
- ☐ 1 ciabatta sandwich roll
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 6 sprigs thyme leaves fresh
- ☐ 3 cloves garlic
- ☐ 2 tablespoons grainy mustard

- ☐ 1 jalapeño
- ☐ 1 handful mustard greens
- ☐ 2 cups olive oil extra-virgin
- ☐ 2 tablespoons pickling spices (or a mix of coriander, mustard seed, turmeric, and salt)
- ☐ 0.1 ounce pork belly fresh
- ☐ 1 serving salt and pepper black freshly ground
- ☐ 3 tablespoons sugar
- ☐ 1 cup vinegar

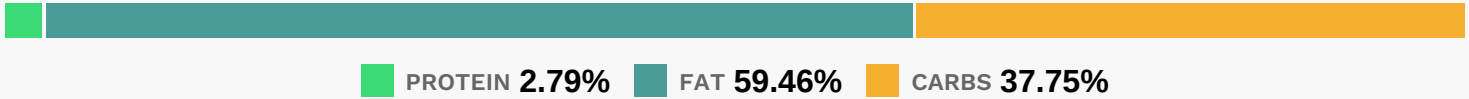
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ grill
- ☐ aluminum foil
- ☐ toaster

Directions

- ☐ For the bacon: Preheat the oven to 300 degrees F.
- ☐ Add the pork belly, olive oil, garlic, thyme, and bay leaf to a heatproof casserole dish. Cover with foil and bake until fork tender, about 3 hours (or substitute thick cut bacon and grill it or cook it in a pan until crispy).
- ☐ For the apples: Bring the pickling spices, dill, vinegar, apple cider, and sugar to a boil. Thinly slice the apple and jalapeno and put into a medium-sized nonreactive jar or container.
- ☐ Pour the liquid over the apples and jalapenos. Cover and let stand at room temperature for at least 2 hours before serving.
- ☐ To assemble: Grill the ciabatta on a grill (or use a toaster).
- ☐ Spread mustard on the top half of the roll. Thinly slice the pork belly and layer on the roll, top with pickled apples and jalapenos, and a handful of mustard greens. Close the sandwich and set aside.

Nutrition Facts



Properties

Glycemic Index:425.84, Glycemic Load:44.94, Inflammation Score:-10, Nutrition Score:26.844782539036%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.32mg, Catechin: 5.32mg, Catechin: 5.32mg, Catechin: 5.32mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 24.82mg, Epicatechin: 24.82mg, Epicatechin: 24.82mg, Epicatechin: 24.82mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 3.64mg, Luteolin: 3.64mg, Luteolin: 3.64mg, Luteolin: 3.64mg Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg

Nutrients (% of daily need)

Calories: 1379.93kcal (69%), Fat: 91.79g (141.22%), Saturated Fat: 13.37g (83.58%), Carbohydrates: 131.11g (43.7%), Net Carbohydrates: 119.39g (43.41%), Sugar: 79.12g (87.92%), Cholesterol: 2.55mg (0.85%), Sodium: 641.84mg (27.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.37%), Vitamin K: 131.61µg (125.35%), Vitamin E: 13.98mg (93.23%), Vitamin C: 64.68mg (78.39%), Manganese: 1.16mg (57.84%), Fiber: 11.72g (46.89%), Vitamin A: 1539.08IU (30.78%), Potassium: 839.25mg (23.98%), Iron: 4.22mg (23.46%), Calcium: 222.13mg (22.21%), Vitamin B6: 0.41mg (20.63%), Selenium: 14.13µg (20.18%), Magnesium: 77.83mg (19.46%), Copper: 0.3mg (15.07%), Vitamin B1: 0.21mg (14.19%), Phosphorus: 137.34mg (13.73%), Vitamin B2: 0.21mg (12.47%), Vitamin B3: 1.61mg (8.03%), Folate: 23.42µg (5.86%), Zinc: 0.81mg (5.42%), Vitamin B5: 0.51mg (5.11%)