



Bart's Ultimate BLT

READY IN



45 min.

SERVINGS



1

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

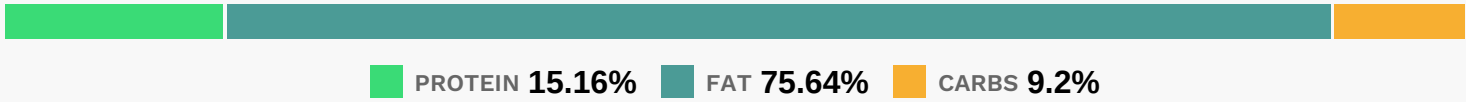
- ☐ 3 pieces applewood-smoked bacon thick-cut cooked
- ☐ 0.3 cup arugula leaves loosely packed
- ☐ 2 tablespoons basil aioli
- ☐ 2 ounces mozzarella cheese fresh sliced
- ☐ 1 serving salt and pepper
- ☐ 2.3 inch sourdough bread
- ☐ 1 medium tomatoes ripe sliced

Equipment

Directions

- ☐
- Spread one side of each piece of bread with basil aioli. Stack one piece with bacon, tomato slices, arugula leaves, and fresh mozzarella slices.
- ☐
- Sprinkle with salt and pepper. Top with second slice of aioli-laden bread. Eat with gusto.
- ☐
- Tomatoes with wine: Parcel 104's Master Sommelier, Randall Bertao, likes wines with clean, focused flavors and a medium acidity to balance the tomatoes--such as Charles Melton Ros 2004 (Barossa Valley, Australia; \$1
- ☐
- and Merry Edwards Sauvignon Blanc 2005 (Russian River Valley, CA; \$27).

Nutrition Facts



Properties

Glycemic Index:177.5, Glycemic Load:3.92, Inflammation Score:-8, Nutrition Score:15.856086772421%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 615.34kcal (30.77%), Fat: 50.5g (77.69%), Saturated Fat: 18.17g (113.57%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.1g (4.4%), Sugar: 4.22g (4.69%), Cholesterol: 97.68mg (32.56%), Sodium: 1289.9mg (56.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.54%), Selenium: 24.56µg (35.09%), Phosphorus: 334.74mg (33.47%), Vitamin A: 1590.5IU (31.81%), Calcium: 315.69mg (31.57%), Vitamin B12: 1.62µg (27.05%), Vitamin C: 17.85mg (21.64%), Vitamin B1: 0.29mg (19.21%), Vitamin B3: 3.74mg (18.7%), Zinc: 2.73mg (18.23%), Vitamin K: 18.33µg (17.46%), Vitamin B2: 0.27mg (15.73%), Vitamin B6: 0.31mg (15.3%), Potassium: 496.61mg (14.19%), Manganese: 0.22mg (10.82%), Magnesium: 37.76mg (9.44%), Folate: 35.92µg (8.98%), Vitamin E: 1.1mg (7.31%), Fiber: 1.71g (6.83%), Iron: 1.17mg (6.53%), Vitamin B5: 0.6mg (6.04%), Copper: 0.12mg (6.02%), Vitamin D: 0.49µg (3.27%)