



Biscuit BLTs

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

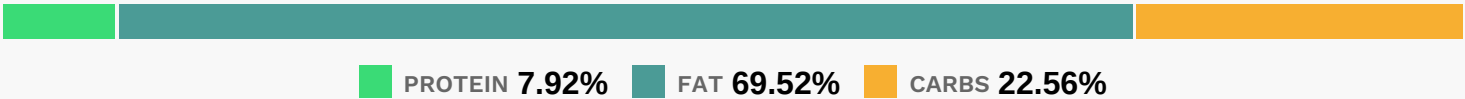
- ☐ 2 tablespoons basil pesto
- ☐ 8 boston lettuce leaves
- ☐ 8 bacon thick cooked halved
- ☐ 8 biscuits frozen
- ☐ 0.5 cup mayonnaise
- ☐ 8 slices tomato

Equipment

Directions

- ☐
- Stir together mayonnaise and pesto.
- ☐
- Spread on cut sides of biscuits.
- ☐
- Layer biscuit bottoms with bacon, lettuce, and tomatoes; top with biscuit tops.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:8.33, Inflammation Score:-5, Nutrition Score:6.8578260398429%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 247.83kcal (12.39%), Fat: 19.16g (29.47%), Saturated Fat: 3.51g (21.97%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 13.4g (4.87%), Sugar: 1.31g (1.45%), Cholesterol: 14.37mg (4.79%), Sodium: 513.5mg (22.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin K: 39.35µg (37.48%), Phosphorus: 155.27mg (15.53%), Selenium: 9.54µg (13.63%), Vitamin A: 593.33IU (11.87%), Vitamin B1: 0.17mg (11.36%), Vitamin B3: 1.8mg (9.02%), Folate: 30.7µg (7.68%), Manganese: 0.14mg (6.83%), Iron: 1.21mg (6.7%), Vitamin B2: 0.11mg (6.44%), Vitamin E: 0.88mg (5.88%), Potassium: 141.27mg (4.04%), Vitamin B6: 0.07mg (3.49%), Zinc: 0.43mg (2.85%), Calcium: 26.62mg (2.66%), Vitamin B12: 0.14µg (2.36%), Fiber: 0.59g (2.35%), Magnesium: 9.27mg (2.32%), Vitamin B5: 0.22mg (2.18%), Copper: 0.04mg (1.82%)