



BLT Salad

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices bacon thick chopped
- 5 oz arugula
- 6 slices bread halved
- 2 tablespoons olive oil extra virgin
- 1 garlic clove
- 1 pound heirloom tomatoes assorted cut into wedges
- 1 teaspoon kosher salt divided
- 2 tablespoons juice of lemon fresh

- 0.5 cup mayonnaise
- 1 teaspoon pepper divided freshly ground
- 1 onion sweet halved sliced

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk

Directions

- Preheat oven to 40
- Drizzle bread with oil; sprinkle with 1/2 tsp. each kosher salt and pepper.
- Bake bread in a single layer in a jelly-roll pan 12 minutes or until golden.
- Cook bacon in a skillet over medium heat, stirring occasionally, 10 minutes or until crisp.
- Drain on paper towels; reserve 1 Tbsp. drippings in skillet.
- Saut onion in hot drippings over medium-low heat 3 to 5 minutes or until tender.
- Smash garlic to make a paste.
- Whisk together mayonnaise, lemon juice, garlic paste, and remaining 1/2 tsp. each salt and pepper.
- Toss together tomatoes, arugula, bacon, onion, and salt and pepper to taste in a large bowl.
- Pour mayonnaise mixture over tomato mixture, and toss to coat.
- Serve immediately with toasted bread.

Nutrition Facts

 **PROTEIN 8.13%**  **FAT 68.41%**  **CARBS 23.46%**

Properties

Glycemic Index:60.17, Glycemic Load:12.32, Inflammation Score:-9, Nutrition Score:21.675652358843%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Kaempferol: 13.41mg, Kaempferol: 13.41mg, Kaempferol: 13.41mg, Kaempferol: 13.41mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Quercetin: 15.52mg, Quercetin: 15.52mg, Quercetin: 15.52mg, Quercetin: 15.52mg

Nutrients (% of daily need)

Calories: 564.74kcal (28.24%), Fat: 43.51g (66.94%), Saturated Fat: 9g (56.22%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 29.05g (10.56%), Sugar: 10.63g (11.81%), Cholesterol: 33.54mg (11.18%), Sodium: 1198.59mg (52.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.63g (23.25%), Vitamin K: 100.58µg (95.79%), Manganese: 0.89mg (44.54%), Vitamin A: 1820.85IU (36.42%), Vitamin C: 28.04mg (33.99%), Selenium: 20.03µg (28.62%), Folate: 109.12µg (27.28%), Vitamin B1: 0.36mg (24.12%), Vitamin B3: 4.58mg (22.92%), Vitamin E: 2.95mg (19.64%), Vitamin B6: 0.38mg (18.75%), Potassium: 645.72mg (18.45%), Fiber: 4.52g (18.07%), Phosphorus: 178.1mg (17.81%), Iron: 2.86mg (15.87%), Magnesium: 59.54mg (14.89%), Calcium: 145.43mg (14.54%), Vitamin B2: 0.21mg (12.31%), Copper: 0.23mg (11.6%), Vitamin B5: 0.93mg (9.34%), Zinc: 1.36mg (9.03%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.19µg (1.25%)