



BLT Sandwiches with Candied Bacon, Lettuce, and Tomato Jam

READY IN



30 min.

SERVINGS



4

CALORIES



1269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices day-old brioche soft (3/)
- 8 slices cheddar cheese thin
- 1.5 pounds cherry tomatoes halved
- 3 tablespoons t brown sugar dark packed
- 1 tablespoon garlic clove minced
- 0.8 teaspoon ground cinnamon
- 0.8 teaspoon ground ginger
- 0.5 teaspoon pepper black

- 8 small inner leaves iceberg lettuce
- 4 servings pepper black freshly ground
- 2 tablespoons mayonnaise
- 3 tablespoons olive oil
- 1 teaspoon pepper red
- 2 tablespoons red wine vinegar
- 2 tablespoons shallots minced
- 4 teaspoons spicy brown mustard
- 16 strips bacon thick-cut
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- tongs
- cutting board

Directions

- For the Candied Bacon: Adjust oven racks to upper middle and lower middle positions and preheat oven to 400°F. Line 2 rimmed baking sheets with foil. Arrange 8 bacon strips in single layer on each sheet.
- Combine brown sugar, cinnamon, ginger, and pepper in small bowl. Rub sugar mixture all over both sides of bacon strips and bake until crisp, 16 to 18 minutes, alternating sheets' positions and turning bacon strips with tongs halfway through baking.
- Transfer sheets to cooling racks and transfer bacon to large plate. When cool enough to handle, discard rendered fat and foil.

- For the Tomato Jam: While bacon cooks, heat oil in large skillet over medium-high heat until shimmering.
- Add tomatoes, brown sugar, garlic, shallot, vinegar, Worcestershire, red pepper flakes, 1/2 teaspoon salt, and 1/2 teaspoon pepper, and cook, stirring until tomatoes are softened and lightly browned, about 15 minutes.
- Transfer to bowl and let cool to room temperature.
- Spread both sides of each bread slice with mayonnaise. Arrange bread on now-empty baking sheets and bake until browned, turning once halfway through cooking, about 6 minutes.
- Transfer bread to cutting board.
- Spread 4 slices with mustard. Top remaining 4 slices with 1 slice cheese.
- Spread mustard-spread slices with tomato jam, then top with 4 slices bacon, and lettuce. Press remaining 4 slices, cheese-side down, onto lettuce. Slice on the diagonal and serve.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:24.970000142637%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 1269.05kcal (63.45%), Fat: 100.98g (155.35%), Saturated Fat: 37.04g (231.53%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 52.98g (19.26%), Sugar: 14.83g (16.47%), Cholesterol: 251.68mg (83.89%), Sodium: 1738.48mg (75.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.53g (73.07%), Selenium: 42.13µg (60.18%), Vitamin C: 41.44mg (50.23%), Phosphorus: 435.82mg (43.58%), Vitamin A: 2072.53IU (41.45%), Vitamin B3: 6.96mg (34.79%), Calcium: 342.83mg (34.28%), Vitamin B1: 0.5mg (33.34%), Vitamin B6: 0.61mg (30.59%), Vitamin K: 28.62µg (27.26%), Manganese: 0.54mg (27%), Vitamin E: 3.83mg (25.52%), Potassium: 842.26mg (24.06%), Zinc: 3.36mg (22.41%), Iron: 3.59mg (19.93%), Vitamin B2: 0.33mg (19.59%), Vitamin B12: 1.09µg (18.15%), Magnesium: 51.49mg (12.87%), Copper: 0.25mg (12.67%), Vitamin B5: 1.25mg (12.51%), Folate: 37.39µg (9.35%), Fiber: 2.31g (9.26%), Vitamin D: 0.79µg (5.29%)