

BLT with Arugula

 Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon smoked thick
- ☐ 1 slices tomatoes fresh thin
- ☐ 1 ounces baby arugula fresh (a couple handfuls) (can substitute watercress)
- ☐ 2 slices bread
- ☐ 1 serving mayonnaise

Equipment

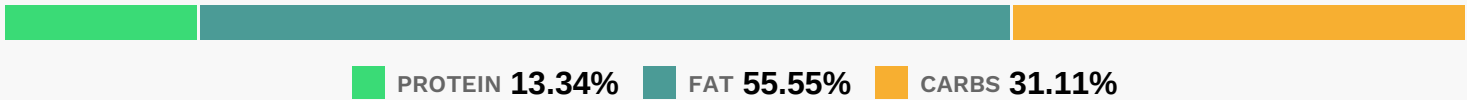
- ☐ frying pan
- ☐ paper towels

- ☐ toaster
- ☐ tongs

Directions

- ☐ Heat a large sauté pan or cast iron pan on medium low heat.
- ☐ Lay the strips of bacon in a single layer on the pan. Slowly cook the bacon, rendering out the fat, until lightly browned on one side. Using a fork or tongs, turn the strips of bacon over to cook the other side.
- ☐ When the bacon strips are sufficiently cooked remove from pan and place on a plate lined with a paper towel to absorb the excess fat.
- ☐ Pour out excess fat from the pan (leaving about half a teaspoon in the pan) into a jar or a container to either dispose of or to store. (Never pour bacon grease down the sink, it will clog your pipes.)
- ☐ Wilt the arugula: In the same pan, add handfuls of fresh baby arugula or watercress. Toss in the remaining remaining fat. As soon as the greens start to wilt, remove from heat and remove from the pan to stop the cooking.
- ☐ Toast bread, build sandwich: Toast bread slices in a toaster.
- ☐ Spread mayonnaise (or your favorite spread, butter will do too) over the slices.
- ☐ Layer the sandwich with bacon, sliced tomato, and lightly wilted arugula.
- ☐ Cut on the diagonal.
- ☐ Eat immediately.

Nutrition Facts



Properties

Glycemic Index:178.67, Glycemic Load:14.76, Inflammation Score:-7, Nutrition Score:15.094782663428%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.92mg, Kaempferol: 9.92mg, Kaempferol: 9.92mg, Kaempferol: 9.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 376.07kcal (18.8%), Fat: 23.23g (35.74%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 26.25g (9.55%), Sugar: 4.52g (5.03%), Cholesterol: 30.72mg (10.24%), Sodium: 590.56mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.1%), Vitamin K: 42.3µg (40.28%), Manganese: 0.79mg (39.72%), Selenium: 25.15µg (35.93%), Vitamin B3: 5.15mg (25.73%), Vitamin B1: 0.37mg (24.96%), Folate: 79.35µg (19.84%), Vitamin A: 917.64IU (18.35%), Phosphorus: 157.66mg (15.77%), Iron: 2.69mg (14.95%), Vitamin B2: 0.21mg (12.18%), Fiber: 3.02g (12.07%), Calcium: 120.58mg (12.06%), Magnesium: 44.57mg (11.14%), Vitamin B6: 0.22mg (11.09%), Vitamin C: 8.06mg (9.77%), Potassium: 335.48mg (9.59%), Zinc: 1.29mg (8.58%), Vitamin B5: 0.86mg (8.58%), Copper: 0.14mg (6.98%), Vitamin E: 0.69mg (4.63%), Vitamin B12: 0.22µg (3.75%), Vitamin D: 0.18µg (1.23%)