



BLTs With Blue Cheese-Buffalo Aioli

READY IN



20 min.

SERVINGS



4

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 leaves bibb lettuce
- 0.3 cup cheese blue crumbled
- 1 small clove garlic grated
- 2 tablespoons hot sauce (such as Frank's or Pete's)
- 0.5 cup mayonnaise
- 4 servings pepper freshly ground
- 1 onion red thinly sliced
- 8.5 inch cocktail rye bread white country-style lightly toasted
- 16 strips bacon thick-cut cooked cut in half

3 large tomatoes thinly sliced

Equipment

bowl

cutting board

Directions

Combine the mayonnaise, blue cheese, hot sauce, garlic, and pepper to taste in a small bowl and stir well.

Lay 4 slices of bread on a cutting board.

Spread 2 to 3 teaspoons or so of the aioli on each slice, then top each with 8 half-pieces of bacon, a few slices of tomato, some red onion and a single piece of lettuce. Top each with another slice of bread. Slice the sandwiches in half. Photograph by Kang Kim

Nutrition Facts

 **PROTEIN 10.31%** **FAT 83.53%** **CARBS 6.16%**

Properties

Glycemic Index:64.08, Glycemic Load:3.38, Inflammation Score:-8, Nutrition Score:20.92826067883%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 874.25kcal (43.71%), Fat: 81.06g (124.71%), Saturated Fat: 24.09g (150.58%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 10.8g (3.93%), Sugar: 5.4g (6%), Cholesterol: 113.13mg (37.71%), Sodium: 1441.28mg (62.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.5g (45.01%), Vitamin K: 72.48µg (69.03%), Selenium: 32.82µg (46.88%), Vitamin A: 1781.78IU (35.64%), Vitamin B3: 7mg (35.01%), Vitamin B1: 0.5mg (33.45%), Vitamin C: 26.41mg (32.01%), Phosphorus: 300.35mg (30.03%), Vitamin B6: 0.58mg (28.88%), Potassium: 734.33mg (20.98%), Vitamin E: 2.36mg (15.7%), Zinc: 2.35mg (15.69%), Manganese: 0.31mg (15.47%), Vitamin B12: 0.86µg (14.28%), Vitamin B2: 0.22mg (13.02%), Vitamin B5: 1.21mg (12.08%), Folate: 47.45µg (11.86%), Fiber: 2.64g

(10.58%), Magnesium: 42.06mg (10.51%), Copper: 0.18mg (8.91%), Calcium: 85.48mg (8.55%), Iron: 1.49mg (8.3%),
Vitamin D: 0.67µg (4.49%)