



BLTs with Caesar Mayo

READY IN



45 min.

SERVINGS



4

CALORIES



1137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 lb applewood-smoked bacon
- 0.5 teaspoon pepper black freshly ground
- 1 fillet anchovy canned drained
- 0.3 tsp sea salt
- 8 large slices top sweet
- 1 tablespoon dijon mustard
- 1 medium garlic clove
- 3 tablespoons juice of lemon fresh
- 1 cup mayonnaise

- 0.3 cup parmesan cheese shredded
- 4 large romaine lettuce leaves
- 0.5 teaspoon salt
- 2 large tomatoes red ripe sliced
- 0.5 teaspoon worcestershire

Equipment

- food processor
- bowl
- frying pan
- paper towels
- blender

Directions

- In a large frying pan over medium heat, cook bacon, turning occasionally, until lightly browned and crisp but not brittle, about 10 minutes.
- Drain on paper towels.
- Meanwhile, in a blender or food processor, combine mayonnaise, parmesan, lemon juice, mustard, garlic, anchovy, salt, pepper, and Worcestershire. Whirl until smooth.
- Scrape into a small bowl.
- Spread Caesar mayo on bread slices. Top half with tomato and sprinkle with sea salt.
- Add bacon, lettuce, and remaining bread slices.
- Serve with extra mayo.

Nutrition Facts



Properties

Glycemic Index:72.38, Glycemic Load:52.47, Inflammation Score:-10, Nutrition Score:34.365217416183%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 1136.86kcal (56.84%), Fat: 80.81g (124.33%), Saturated Fat: 19.62g (122.64%), Carbohydrates: 74.03g (24.68%), Net Carbohydrates: 69.26g (25.19%), Sugar: 9.43g (10.48%), Cholesterol: 84.11mg (28.04%), Sodium: 2292.59mg (99.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.64%), Vitamin K: 128.69µg (122.56%), Selenium: 58.09µg (82.98%), Vitamin B1: 1.22mg (81.18%), Vitamin A: 3318.98IU (66.38%), Folate: 215.08µg (53.77%), Vitamin B3: 10.33mg (51.65%), Manganese: 0.9mg (44.76%), Vitamin B2: 0.69mg (40.6%), Phosphorus: 349.82mg (34.98%), Iron: 6.2mg (34.45%), Vitamin B6: 0.49mg (24.26%), Vitamin C: 18.29mg (22.17%), Vitamin E: 3.06mg (20.37%), Fiber: 4.77g (19.08%), Zinc: 2.86mg (19.06%), Potassium: 650.93mg (18.6%), Magnesium: 71.78mg (17.94%), Calcium: 174.79mg (17.48%), Copper: 0.32mg (16.14%), Vitamin B5: 1.18mg (11.81%), Vitamin B12: 0.57µg (9.49%), Vitamin D: 0.49µg (3.25%)