



BST Sandwiches

 Dairy Free

READY IN



39 min.

SERVINGS



4

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baby spinach fresh
- 0.1 teaspoon pepper black
- 0.3 cup mayonnaise divided reduced-fat
- 0.1 teaspoon salt
- 8 slices center-cut bacon
- 2 inch tomatoes
- 0.8 ounce wheat bread light toasted

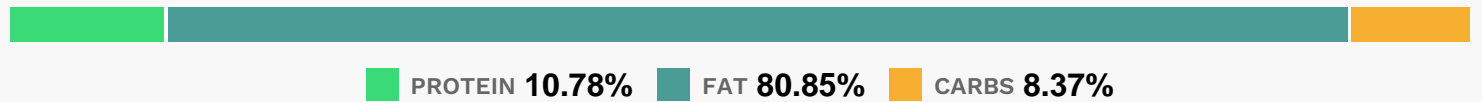
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in a large skillet over medium heat until crisp.
- Drain on paper towels.
- Spread 2 teaspoons mayonnaise on 1 side of each bread slice. Divide spinach evenly among 4 bread slices; top with 2 tomato slices and 2 bacon slices.
- Sprinkle sandwiches evenly with salt and pepper. Top with remaining bread slices, mayonnaise side down.
- Cut sandwiches diagonally into halves, if desired.

Nutrition Facts



Properties

Glycemic Index:42.92, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:7.2908695521562%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 244.42kcal (12.22%), Fat: 21.84g (33.6%), Saturated Fat: 6.54g (40.89%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.56g (1.66%), Sugar: 0.98g (1.09%), Cholesterol: 32.03mg (10.68%), Sodium: 549.84mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin K: 46.89µg (44.66%), Selenium: 10.87µg (15.53%), Vitamin A: 743.71IU (14.87%), Vitamin B3: 2.09mg (10.43%), Manganese: 0.2mg (10.2%), Vitamin B1: 0.15mg (10.1%), Phosphorus: 82.26mg (8.23%), Vitamin B6: 0.15mg (7.27%), Vitamin E: 0.79mg (5.26%), Zinc: 0.67mg (4.5%), Folate: 17.88µg (4.47%), Potassium: 152.79mg (4.37%), Magnesium: 16.19mg (4.05%), Vitamin B12: 0.22µg (3.67%), Vitamin B2: 0.06mg (3.5%), Iron: 0.56mg (3.14%), Vitamin B5: 0.3mg (3.01%), Vitamin C: 2.28mg (2.77%), Copper: 0.05mg (2.31%), Fiber: 0.54g (2.14%), Calcium: 20.44mg (2.04%), Vitamin D: 0.18µg (1.17%)