



Caramelized Onion BLT

READY IN



45 min.

SERVINGS



4

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

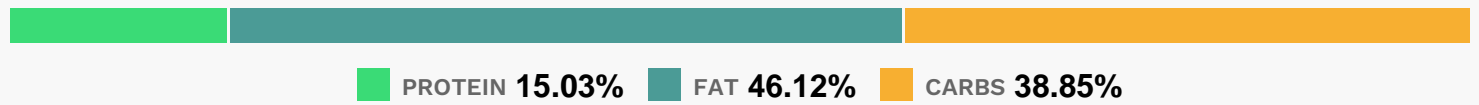
- 4 servings caramelized onions
- 12 slices bacon cooked
- 1 tablespoon basil fresh chopped
- 4 lettuce leaves
- 0.5 cup mayonnaise
- 4 servings salt and pepper to taste
- 8 slices sourdough bread toasted
- 4 slices swiss cheese
- 2 medium tomatoes

Equipment

Directions

- Cut each tomato into 4 slices.
- Stir together mayonnaise and basil; spread on 1 side of each bread slice. Top 4 bread slices with 3 bacon slices, 2 tomato slices, and cheese. Top evenly with Caramelized Onions; sprinkle with salt and pepper. Top with lettuce leaves and remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:73.13, Glycemic Load:52.3, Inflammation Score:-9, Nutrition Score:29.188695565514%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 738.47kcal (36.92%), Fat: 37.88g (58.27%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 71.77g (23.92%), Net Carbohydrates: 67.71g (24.62%), Sugar: 8.57g (9.52%), Cholesterol: 51.33mg (17.11%), Sodium: 1587.21mg (69.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.56%), Selenium: 54.76µg (78.23%), Vitamin B1: 1.1mg (73.45%), Vitamin K: 53.77µg (51.21%), Vitamin A: 2484.11IU (49.68%), Vitamin B3: 9.18mg (45.92%), Folate: 181.9µg (45.48%), Manganese: 0.85mg (42.33%), Vitamin B2: 0.7mg (41.13%), Phosphorus: 357.33mg (35.73%), Iron: 5.74mg (31.92%), Calcium: 241.99mg (24.2%), Zinc: 3.03mg (20.22%), Vitamin B6: 0.37mg (18.57%), Vitamin C: 13.95mg (16.9%), Magnesium: 66mg (16.5%), Fiber: 4.06g (16.23%), Potassium: 502.92mg (14.37%), Copper: 0.28mg (13.86%), Vitamin B12: 0.81µg (13.48%), Vitamin E: 1.8mg (12.01%), Vitamin B5: 0.89mg (8.91%), Vitamin D: 0.15µg (1.01%)