



## CBLT'S

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



1121 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 slices bakery bread white good
- 0.5 cup catsup
- 4 servings kosher salt and pepper black freshly ground
- 4 to 8 tender lettuce leaves green dry washed and spun very
- 0.5 cup mayonnaise good (recommended: Hellman's)
- 1 rotisserie chicken cut
- 12 slices bacon smoked thick-cut
- 2 large tomatoes ripe sliced

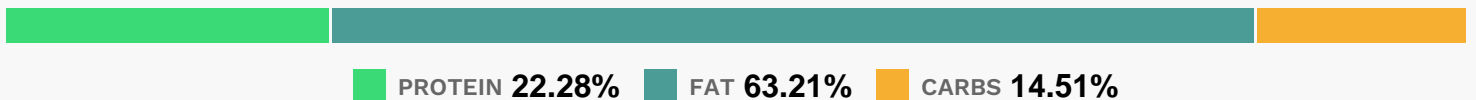
## Equipment

- bowl
- frying pan
- paper towels
- oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Place a baking rack on a sheet pan and arrange the bacon on the rack in a single layer.
- Bake for 15 to 25 minutes, until the bacon is browned and crisp.
- Drain on paper towels and set aside.
- Combine the mayonnaise and ketchup in a small bowl and spread each slice of bread with about 1 tablespoon of the mixture and cover with a lettuce leaf.
- Place 3 slices of bacon on top of the lettuce and then add a layer of tomato slices on top of the bacon. Slice half of the breast of the rotisserie chicken in thick pieces and place a slice of chicken on top of the bacon.
- Sprinkle liberally with salt and pepper. Reserve the remaining chicken.
- Spread each of the remaining 4 slices of bread with 1 tablespoon of the mayonnaise/ketchup mixture and place, dressing side down, on the sandwiches.
- Cut in half and serve.

## Nutrition Facts



## Properties

Glycemic Index:44.67, Glycemic Load:15.31, Inflammation Score:-9, Nutrition Score:23.6260869814%

## Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## **Nutrients (% of daily need)**

Calories: 1120.73kcal (56.04%), Fat: 78.82g (121.26%), Saturated Fat: 21.31g (133.2%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 37.02g (13.46%), Sugar: 12.42g (13.8%), Cholesterol: 227.04mg (75.68%), Sodium: 1961.53mg (85.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.5g (125.01%), Selenium: 38.84µg (55.48%), Vitamin A: 2748.72IU (54.97%), Vitamin K: 56.64µg (53.94%), Manganese: 0.9mg (44.98%), Vitamin B3: 8.54mg (42.7%), Vitamin B1: 0.59mg (39.47%), Phosphorus: 270.4mg (27.04%), Vitamin B6: 0.5mg (24.81%), Vitamin C: 18.13mg (21.97%), Vitamin B2: 0.33mg (19.13%), Folate: 74.49µg (18.62%), Potassium: 646.26mg (18.46%), Iron: 3.09mg (17.19%), Vitamin E: 2.49mg (16.61%), Fiber: 3.69g (14.75%), Zinc: 2.15mg (14.36%), Magnesium: 53.4mg (13.35%), Vitamin B5: 1.2mg (12.03%), Copper: 0.21mg (10.7%), Calcium: 100.32mg (10.03%), Vitamin B12: 0.57µg (9.56%), Vitamin D: 0.49µg (3.25%)