



Dinner Tonight: BLT, Animal-Style

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 dill pickle thin
- ☐ 1 tablespoon catsup
- ☐ 4 servings kosher salt
- ☐ 4 leaves lettuce red
- ☐ 2 tablespoons mayonnaise
- ☐ 1.5 cups onion finely chopped
- ☐ 0.5 teaspoon sugar
- ☐ 2 teaspoons pickle relish sweet

- ☐ 4 slices bacon thick-cut
- ☐ 8 slices buttered toast
- ☐ 8 tomatoes ripe (two tomatoes)
- ☐ 0.5 teaspoon vinegar white
- ☐ 0.3 cup mustard yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ tongs

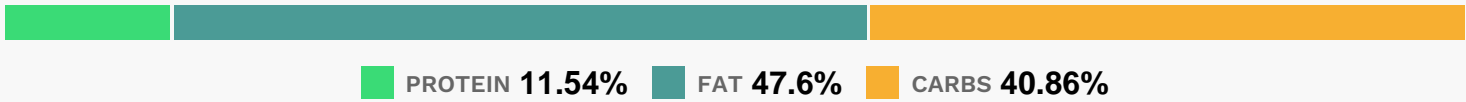
Directions

- ☐ For the onions, I'll just quote Kenji's original article: "
- ☐ Heat 1 teaspoon oil in a 10-inch non-stick skillet over medium-high heat until shimmering.
- ☐ Add onions and 1/2 teaspoon salt to skillet. Reduce heat to medium low, and cook, tossing and stirring occasionally until onions are well browned, about 15 minutes. Once onions begin to sizzle heavily and appear dry, add 1 tablespoon water to skillet and stir. Continue cooking until water evaporates and onions start sizzling again. Repeat process, adding 1 tablespoon of water with each iteration until onions are meltingly soft and dark brown, about 3 times total.
- ☐ Transfer to a small bowl and set aside."
- ☐ While the onions are cooking, make the sauce.
- ☐ Combine mayonnaise, ketchup, relish, sugar, and vinegar in small bowl. Stir to combine, and then set aside.
- ☐ Place bacon in a cold 10-inch iron skillet. Turn heat to medium, and cook until crispy, flipping occasionally with a pair of tongs.
- ☐ Remove bacon and drain on paper towels.
- ☐ Spread one tablespoon of mustard on each slice, and then break each in half.
- ☐ Smear one-quarter of the sauce on top of four slices of toast. Top each with two pickle slices (or four pickle chips), two slices of tomato, one piece of lettuce, two half slices of bacon, one-quarter of the caramelized onions, and, finally, another piece of toast.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:74.77, Glycemic Load:4.22, Inflammation Score:-9, Nutrition Score:20.456086915472%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg, Quercetin: 13.75mg

Nutrients (% of daily need)

Calories: 416.29kcal (20.81%), Fat: 22.45g (34.54%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 37.34g (13.58%), Sugar: 13.72g (15.25%), Cholesterol: 27.14mg (9.05%), Sodium: 1091.15mg (47.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.49%), Vitamin C: 38.9mg (47.15%), Vitamin A: 2194.77IU (43.9%), Selenium: 26.67µg (38.1%), Vitamin K: 39.3µg (37.43%), Manganese: 0.63mg (31.7%), Vitamin B1: 0.44mg (29.4%), Folate: 99.3µg (24.83%), Potassium: 862.47mg (24.64%), Vitamin B3: 4.88mg (24.39%), Fiber: 6.02g (24.06%), Vitamin B6: 0.42mg (20.9%), Phosphorus: 197.07mg (19.71%), Vitamin B2: 0.27mg (15.83%), Iron: 2.77mg (15.37%), Magnesium: 58.52mg (14.63%), Copper: 0.27mg (13.42%), Vitamin E: 1.99mg (13.24%), Calcium: 112.72mg (11.27%), Zinc: 1.39mg (9.28%), Vitamin B5: 0.69mg (6.9%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.16µg (1.05%)