



Fresh Mozzarella BLT with Pesto

READY IN



12 min.

SERVINGS



1

CALORIES



979 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices applewood-smoked bacon low-sodium
- ☐ 1 piece baguette
- ☐ 1 slice mozzarella cheese fresh thick
- ☐ 2 slices heirloom tomatoes thick
- ☐ 1 serving kosher salt and pepper freshly ground
- ☐ 1.5 teaspoons mayonnaise low-fat
- ☐ 1.5 teaspoons pesto store-bought
- ☐ 1 spear romaine lettuce

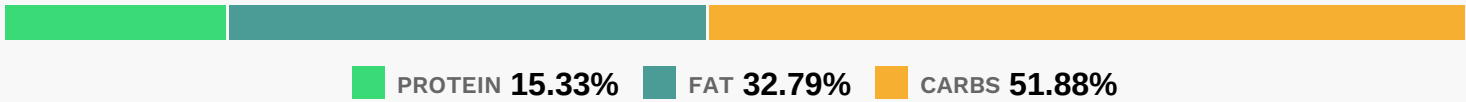
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ baking paper

Directions

- ☐ Slice the baguette open, leaving one side attached to form a hinge. Cook the bacon in a skillet over low heat until crispy; drain on paper towels.
- ☐ Combine the pesto with the mayonnaise and smear on the bottom part of the bread.
- ☐ Layer the romaine on the bread, then the tomato, bacon and mozzarella. Season with salt and pepper; close the sandwich and wrap in parchment paper.
- ☐ Photograph by Hallie Burton

Nutrition Facts



Properties

Glycemic Index:136.75, Glycemic Load:83.24, Inflammation Score:-10, Nutrition Score:38.090435349423%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 978.77kcal (48.94%), Fat: 35.29g (54.3%), Saturated Fat: 11.87g (74.18%), Carbohydrates: 125.65g (41.88%), Net Carbohydrates: 119.04g (43.29%), Sugar: 14.24g (15.82%), Cholesterol: 54.3mg (18.1%), Sodium: 2342.85mg (101.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.13g (74.26%), Vitamin B1: 1.63mg (108.4%), Selenium: 57.21µg (81.73%), Folate: 316.02µg (79.01%), Vitamin B3: 13.56mg (67.8%), Vitamin A: 3263.1IU (65.26%), Manganese: 1.28mg (63.99%), Vitamin B2: 0.95mg (56%), Iron: 9.41mg (52.27%), Calcium: 443.39mg (44.34%), Phosphorus: 429.32mg (42.93%), Vitamin K: 44.38µg (42.26%), Fiber: 6.61g (26.42%), Zinc: 3.53mg (23.54%), Vitamin B6: 0.45mg (22.61%), Magnesium: 86.26mg (21.57%), Copper: 0.37mg (18.54%), Potassium: 618.96mg (17.68%), Vitamin B12: 0.9µg (15.07%), Vitamin B5: 1.32mg (13.23%), Vitamin C: 8.52mg (10.32%), Vitamin

E: 1.43mg (9.54%), Vitamin D: 0.3μg (1.97%)