



Green-Tomato BLT

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce apricot chutney
- 1 pound bacon
- 0.8 cup cornmeal
- 1 eggs
- 2 tablespoons flour all-purpose
- 1 small head green-leaf lettuce washed and dried
- 3 tomatoes green cut into 1/2-inch slices
- 0.5 teaspoon kosher salt

- 8 slices sourdough bread
- 2 tablespoons vegetable oil

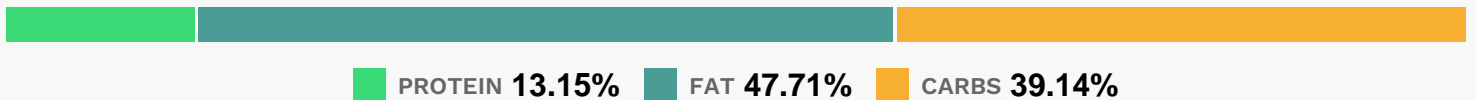
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- Heat oven to 400 F. In a medium bowl, combine the cornmeal, flour, and salt and set aside.
- In the oven, cook the bacon on a baking sheet for about 10 minutes, turning once, until crispy.
- Drain on paper towels. Toast the bread in the oven until lightly golden, about 2 minutes.
- Heat the oil in a large skillet over medium heat. Dip the tomato slices in the egg and then the cornmeal mixture. Pan-fry until golden brown, about 3 minutes per side.
- Drain on paper towels.
- Spread 4 slices of bread with chutney and layer them with the lettuce, tomatoes, and bacon. Top with a second slice of bread.
- Serve.

Nutrition Facts



Properties

Glycemic Index:66.42, Glycemic Load:68.94, Inflammation Score:-10, Nutrition Score:44.619999885559%

Flavonoids

Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.46mg, Kaempferol: 0.46mg,

Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 1093.74kcal (54.69%), Fat: 58.34g (89.75%), Saturated Fat: 17.52g (109.47%), Carbohydrates: 107.71g (35.9%), Net Carbohydrates: 98.39g (35.78%), Sugar: 17.37g (19.3%), Cholesterol: 115.76mg (38.59%), Sodium: 1866.73mg (81.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.34%), Vitamin A: 8723.13IU (174.46%), Vitamin K: 138.56µg (131.96%), Vitamin B1: 1.48mg (98.98%), Selenium: 66.82µg (95.46%), Vitamin B3: 12.92mg (64.6%), Manganese: 1.28mg (63.78%), Folate: 228.49µg (57.12%), Vitamin B2: 0.87mg (51.3%), Phosphorus: 458.83mg (45.88%), Iron: 8.25mg (45.85%), Vitamin C: 36.95mg (44.79%), Vitamin B6: 0.83mg (41.44%), Fiber: 9.32g (37.29%), Potassium: 1035.89mg (29.6%), Magnesium: 116.63mg (29.16%), Zinc: 4.13mg (27.54%), Copper: 0.49mg (24.61%), Vitamin B5: 2.17mg (21.71%), Vitamin E: 2.72mg (18.13%), Calcium: 134.53mg (13.45%), Vitamin B12: 0.66µg (11.08%), Vitamin D: 0.67µg (4.49%)