



Heirloom Tomato, Arugula, and Bacon Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup arugula
- 2 teaspoons dijon mustard
- 0.5 teaspoon sage fresh minced
- 3 medium heirloom tomatoes cut into 4 (1/2-inch-thick) slices
- 2 tablespoons mayonnaise light
- 1 tablespoon shallots minced
- 1 ounce sourdough bread toasted

8 slices center-cut bacon cooked

Equipment

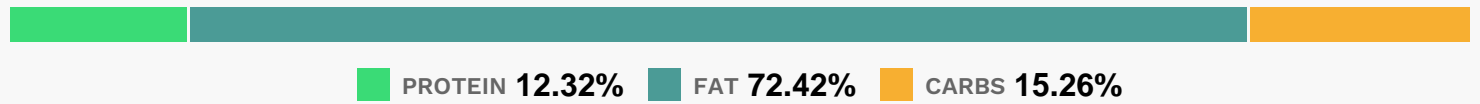
bowl

Directions

Combine first 4 ingredients in a bowl.

Spread mayonnaise mixture evenly over 1 side of each toast slice. Top each of 4 toast slices with 3 tomato slices, 2 bacon slices, and 1/4 cup arugula. Top with remaining 4 toast slices.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:3.92, Inflammation Score:-6, Nutrition Score:10.039565174476%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 240.96kcal (12.05%), Fat: 19.51g (30.01%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 7.71g (2.8%), Sugar: 3.34g (3.71%), Cholesterol: 30.16mg (10.05%), Sodium: 425.61mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Copper: 0.85mg (42.53%), Vitamin A: 910.15IU (18.2%), Selenium: 11.95µg (17.07%), Vitamin C: 13.6mg (16.48%), Vitamin K: 16.6µg (15.81%), Vitamin B1: 0.22mg (14.37%), Vitamin B3: 2.69mg (13.47%), Vitamin B6: 0.21mg (10.63%), Manganese: 0.21mg (10.31%), Phosphorus: 100.88mg (10.09%), Potassium: 347.83mg (9.94%), Folate: 28.71µg (7.18%), Fiber: 1.55g (6.19%), Vitamin E: 0.89mg (5.91%), Magnesium: 22.34mg (5.58%), Zinc: 0.81mg (5.39%), Vitamin B2: 0.09mg (5.31%), Iron: 0.89mg (4.93%), Vitamin B5: 0.39mg (3.91%), Vitamin B12: 0.22µg (3.67%), Calcium: 27.67mg (2.77%), Vitamin D: 0.18µg (1.17%)