



Heirloom Tomatoes with Bacon, Blue Cheese, and Basil

READY IN



40 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 0.3 lb bacon sliced (5 slices)
- ☐ 1.5 oz cheese blue crumbled at room temperature (preferably Maytag)
- ☐ 6 servings currants
- ☐ 30 small basil fresh
- ☐ 4 medium heirloom tomatoes assorted cut into 1/4- to 1/3-inch-thick slices (2 lb total)
- ☐ 6 tablespoons olive oil
- ☐ 0.3 cup shallots finely chopped
- ☐ 3 tablespoons sherry vinegar

- ☐ 6 slices sandwich bread white firm

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ cookie cutter

Directions

- ☐ Cut 1 round from each bread slice with cookie cutter.
- ☐ Cook bacon in a 10-inch heavy skillet over moderate heat until crisp, then transfer to paper towels to drain.
- ☐ Pour off bacon fat from skillet and reserve fat (do not clean skillet).
- ☐ Heat 1 1/2 tablespoons oil in skillet over moderate heat until hot but not smoking, then toast 3 bread rounds, turning over once, until golden brown, about 3 minutes total.
- ☐ Transfer toasts to a rack to cool and season with salt and pepper. Toast remaining 3 bread rounds in 1 1/2 tablespoons more oil in same manner.
- ☐ Cook shallot in 2 tablespoons reserved bacon fat and remaining 3 tablespoons oil in a small heavy saucepan over moderate heat, stirring, until softened, about 2 minutes.
- ☐ Add vinegar and simmer, whisking, until emulsified, about 1 minute. Season dressing with salt and pepper and keep warm, covered.
- ☐ Crumble bacon. Arrange bread rounds on 6 plates and divide tomato slices among them, stacking slices and sprinkling some basil and bacon between slices.
- ☐ Sprinkle cheese and remaining basil and bacon over and around tomatoes. Spoon some of warm bacon dressing over and around tomatoes and season with salt and pepper.
- ☐ ·Toasts can be made 3 hours ahead and kept in an airtight container at room temperature.
- ☐ ·Dressing can be made 1 hour ahead and chilled, covered. Reheat before proceeding.
- ☐ ·Tomatoes can be sliced 1 hour ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:10.25, Inflammation Score:-6, Nutrition Score:10.063913044722%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 321.73kcal (16.09%), Fat: 24.62g (37.88%), Saturated Fat: 6g (37.51%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 16.45g (5.98%), Sugar: 4.93g (5.48%), Cholesterol: 17.79mg (5.93%), Sodium: 332.54mg (14.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Vitamin K: 23.54µg (22.42%), Vitamin E: 2.63mg (17.56%), Vitamin A: 851IU (17.02%), Selenium: 10.76µg (15.37%), Manganese: 0.3mg (15.2%), Vitamin C: 12.47mg (15.11%), Vitamin B1: 0.22mg (14.63%), Vitamin B3: 2.56mg (12.82%), Folate: 47.41µg (11.85%), Phosphorus: 111.2mg (11.12%), Calcium: 107.97mg (10.8%), Vitamin B6: 0.19mg (9.54%), Potassium: 328.82mg (9.39%), Iron: 1.47mg (8.19%), Fiber: 1.95g (7.8%), Vitamin B2: 0.12mg (7.23%), Magnesium: 23.68mg (5.92%), Zinc: 0.83mg (5.55%), Copper: 0.11mg (5.51%), Vitamin B5: 0.47mg (4.68%), Vitamin B12: 0.18µg (3.02%)