



Mini Bacon, Tomato, and Basil Sandwiches

READY IN



30 min.

SERVINGS



15

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

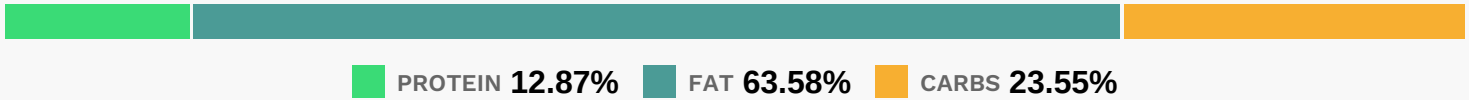
- ☐ 9 slices bacon ready-to-serve halved
- ☐ 9 slices extra-thin bread white
- ☐ 12 basil leaves fresh
- ☐ 1 garlic clove minced
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 3 plum tomatoes sliced

Equipment

Directions

- ☐ Heat bacon according to package directions until crisp.
- ☐ Stir together cheese, mayonnaise, and garlic.
- ☐ Spread mayonnaise mixture evenly onto 1 side of each bread slice.
- ☐ Layer 3 bread slices, mayonnaise sides up, with 3 bacon slices each. Top bacon evenly with 1 bread slice, tomato slices, and basil. Top each with remaining bread slices, mayonnaise sides down.
- ☐ Cut each sandwich into quarters.

Nutrition Facts



Properties

Glycemic Index:18.24, Glycemic Load:4.48, Inflammation Score:-2, Nutrition Score:4.5399999774021%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 150.6kcal (7.53%), Fat: 10.61g (16.33%), Saturated Fat: 3.01g (18.78%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.01g (2.91%), Sugar: 1.35g (1.5%), Cholesterol: 13.07mg (4.36%), Sodium: 252.52mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Selenium: 8.39µg (11.98%), Manganese: 0.22mg (11.19%), Vitamin K: 11.3µg (10.77%), Vitamin B3: 1.56mg (7.78%), Vitamin B1: 0.11mg (7.49%), Phosphorus: 68.32mg (6.83%), Calcium: 63.69mg (6.37%), Folate: 16.85µg (4.21%), Iron: 0.74mg (4.13%), Vitamin B2: 0.07mg (3.99%), Vitamin B6: 0.07mg (3.5%), Fiber: 0.83g (3.32%), Vitamin A: 154.68IU (3.09%), Zinc: 0.46mg (3.04%), Magnesium: 11.61mg (2.9%), Vitamin B5: 0.25mg (2.48%), Potassium: 85.02mg (2.43%), Vitamin C: 1.85mg (2.25%), Vitamin E: 0.33mg (2.19%), Copper: 0.04mg (2.08%), Vitamin B12: 0.11µg (1.87%)