



Open-Faced Pimiento Cheese BLTs

READY IN



12 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby arugula leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cider vinegar
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons canola mayonnaise
- ☐ 0.3 cup parmesan cheese fresh grated
- ☐ 2 tablespoons bottled pimientos diced drained
- ☐ 1 tablespoon shallots grated peeled
- ☐ 1 cup sharp cheddar cheese shredded reduced-fat

- ☐ 4 ounce sourdough bread toasted
- ☐ 4 center-cut bacon cooked halved
- ☐ 12 slices tomatoes

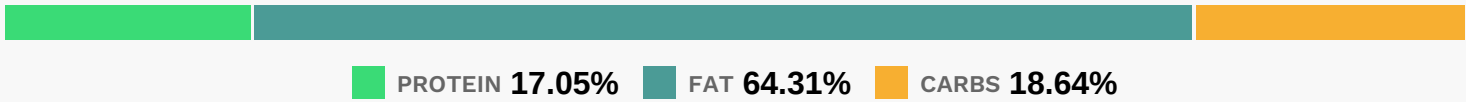
Equipment

- ☐ bowl

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Spread 3 tablespoons cheese mixture on each bread slice; top each with 3 tomato slices.
- ☐ Sprinkle tomato slices evenly with salt. Top each sandwich with 2 bacon halves and 1/4 cup arugula.

Nutrition Facts



Properties

Glycemic Index:100.38, Glycemic Load:11.94, Inflammation Score:-6, Nutrition Score:11.874782645184%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 370.64kcal (18.53%), Fat: 26.48g (40.75%), Saturated Fat: 10.7g (66.86%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 16.25g (5.91%), Sugar: 2.14g (2.38%), Cholesterol: 51.38mg (17.13%), Sodium: 827.51mg (35.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Calcium: 325.28mg (32.53%), Selenium: 22.63µg (32.33%), Phosphorus: 256.83mg (25.68%), Vitamin B1: 0.28mg (18.71%), Vitamin K: 19.1µg (18.19%), Vitamin B2: 0.3mg (17.85%), Vitamin A: 704.39IU (14.09%), Zinc: 1.89mg (12.59%), Folate: 48.43µg (12.11%), Vitamin B3: 2.38mg (11.92%), Vitamin C: 9.16mg (11.1%), Manganese: 0.21mg (10.45%), Iron: 1.61mg (8.94%), Vitamin B12: 0.52µg (8.63%), Vitamin B6: 0.15mg (7.56%), Magnesium: 27.09mg (6.77%), Vitamin E: 0.72mg (4.78%), Potassium: 158.54mg (4.53%), Vitamin B5: 0.42mg (4.18%), Fiber: 1.02g (4.1%), Copper: 0.08mg (3.99%), Vitamin D: 0.31µg (2.09%)