



Open-Faced Roasted Tomato BLTs

 Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



538 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bacon
- 1 tablespoon optional: dill fresh
- 1 tablespoon horseradish
- 4 servings kosher salt and pepper freshly ground
- 0.3 cup mayonnaise
- 4 servings olive oil extra-virgin for drizzling
- 4 plum tomatoes halved lengthwise
- 0.3 small onion red thinly sliced

- 1 teaspoon red wine vinegar
- 4 slices cocktail rye bread seeded
- 1 cup savoy cabbage sliced

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- colander

Directions

- Preheat the oven to 250 degrees F. Arrange the tomatoes cut-side up on a baking sheet; sprinkle with 1/2 teaspoon salt, and pepper to taste.
- Drizzle with olive oil. Roast until slightly dry on the surface, about 3 hours, 30 minutes; let cool. (The tomatoes can be roasted up to one day ahead; refrigerate in an airtight container.)
- Whisk the mayonnaise, horseradish, and pepper to taste; cover and refrigerate.
- Toss the cabbage, red onion, a splash of water and 1/2 teaspoon salt in a colander set over a bowl; let drain until the cabbage softens, about 20 minutes. Rinse well with cold water, squeeze out the excess liquid and pat dry.
- Meanwhile, cook the bacon in a large skillet over medium-high heat until crisp; reserve the drippings.
- Toast the bread. Toss the cabbage mixture with the dill, 1 teaspoon of the bacon drippings, the vinegar, and pepper to taste in a bowl. Top each piece of toast with some of the horseradish mayonnaise, 2 slices of bacon, 2 roasted tomato halves and some of the cabbage mixture.
- Drizzle with more drippings.
- Photograph by Jonathan Kantor

Nutrition Facts



■ PROTEIN 7.01% ■ FAT 77.69% ■ CARBS 15.3%

Properties

Glycemic Index:62.33, Glycemic Load:8.22, Inflammation Score:-7, Nutrition Score:13.606086850166%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 537.77kcal (26.89%), Fat: 46.66g (71.78%), Saturated Fat: 10.19g (63.7%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 17.3g (6.29%), Sugar: 3.96g (4.4%), Cholesterol: 36.88mg (12.29%), Sodium: 821.03mg (35.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.94%), Vitamin K: 56.25µg (53.57%), Selenium: 19.46µg (27.8%), Vitamin E: 3.29mg (21.93%), Vitamin B1: 0.3mg (20.06%), Manganese: 0.39mg (19.4%), Vitamin C: 15.58mg (18.89%), Vitamin B3: 3.43mg (17.15%), Folate: 63.03µg (15.76%), Vitamin A: 730.04IU (14.6%), Fiber: 3.39g (13.54%), Phosphorus: 132.83mg (13.28%), Vitamin B6: 0.24mg (11.83%), Potassium: 351.83mg (10.05%), Vitamin B2: 0.17mg (9.79%), Iron: 1.49mg (8.25%), Magnesium: 31.8mg (7.95%), Zinc: 1.11mg (7.39%), Copper: 0.13mg (6.71%), Vitamin B5: 0.52mg (5.17%), Calcium: 43.6mg (4.36%), Vitamin B12: 0.24µg (4.04%), Vitamin D: 0.21µg (1.42%)