



WHATSheATE



Pancetta, Mizuna, and Tomato Sandwiches with Green Garlic Aioli

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large bunch arugula
- ☐ 3 beefsteak tomatoes cut into 1/4-inch-thick rounds
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 6 inch egg bread lightly toasted
- ☐ 2 tablespoons garlic green chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.8 cup mayonnaise divided

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 ounce pancetta italian thinly sliced (bacon; 30 slices)

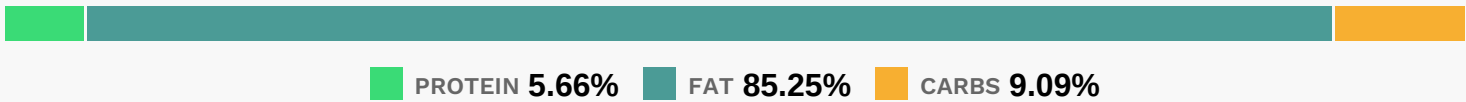
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ For aioli:Blend olive oil, garlic, and 1/4 teaspoon fleur de sel in processor until garlic is minced.
- ☐ Add 2 tablespoons mayonnaise and blend well.
- ☐ Transfer to small bowl; whisk in remaining mayonnaise and lemon juice.
- ☐ Do ahead: Can be made 1 day ahead. Cover; chill.
- ☐ For sandwiches:Preheat oven to 450°F. Arrange pancetta slices in single layer on 2 large rimmed baking sheets.
- ☐ Bake until crisp, about 10 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Place toast on work surface.
- ☐ Spread with aioli. Divide mizuna among 6 toast slices; top with tomatoes, then pancetta, dividing equally. Top with remaining 6 toast slices, aioli side down.
- ☐ Cut each sandwich in half and serve.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:14.445217350255%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 435.12kcal (21.76%), Fat: 41.83g (64.35%), Saturated Fat: 8.39g (52.47%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 7.57g (2.75%), Sugar: 5.13g (5.7%), Cholesterol: 31.77mg (10.59%), Sodium: 486.26mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.49%), Vitamin K: 85.08µg (81.03%), Vitamin A: 1897.4IU (37.95%), Vitamin C: 27.59mg (33.44%), Vitamin E: 3.35mg (22.31%), Manganese: 0.32mg (15.85%), Potassium: 549.57mg (15.7%), Vitamin B6: 0.26mg (13.14%), Folate: 48.25µg (12.06%), Vitamin B3: 2.35mg (11.75%), Vitamin B1: 0.17mg (11.27%), Selenium: 7.54µg (10.78%), Phosphorus: 104.2mg (10.42%), Fiber: 2.46g (9.84%), Magnesium: 32.49mg (8.12%), Copper: 0.14mg (7.21%), Iron: 1.08mg (6.02%), Calcium: 58.23mg (5.82%), Zinc: 0.81mg (5.37%), Vitamin B2: 0.09mg (5.36%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.18µg (1.2%)