



Pickled Green Tomato BLT

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

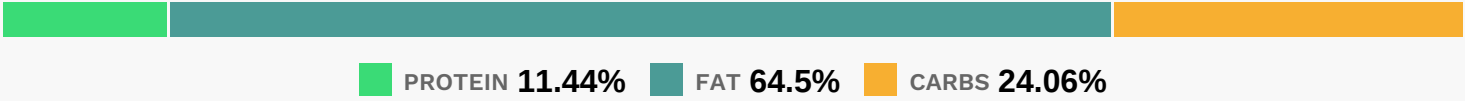
- ☐ 6 strips bacon crispy cooked
- ☐ 4 slices bread lightly toasted
- ☐ 2 handfuls lettuce
- ☐ 2 tablespoons mayo
- ☐ 1 large tomatoes ripe sliced
- ☐ 4 slices pickled tomato green

Equipment

Directions

☐ Assemble sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:89.33, Glycemic Load:15.27, Inflammation Score:-7, Nutrition Score:17.969130588614%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 549.58kcal (27.48%), Fat: 39.47g (60.72%), Saturated Fat: 10.84g (67.75%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 29.35g (10.67%), Sugar: 7.3g (8.11%), Cholesterol: 49.44mg (16.48%), Sodium: 800.55mg (34.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.49%), Selenium: 29.88µg (42.68%), Manganese: 0.82mg (41.04%), Vitamin K: 37.03µg (35.27%), Vitamin B3: 6.53mg (32.63%), Vitamin B1: 0.47mg (31.45%), Vitamin C: 21.97mg (26.63%), Vitamin A: 1054.49IU (21.09%), Phosphorus: 203.46mg (20.35%), Vitamin B6: 0.34mg (17.22%), Folate: 65.84µg (16.46%), Iron: 2.77mg (15.39%), Fiber: 3.78g (15.14%), Potassium: 511.12mg (14.6%), Vitamin B2: 0.23mg (13.58%), Vitamin B5: 1.13mg (11.31%), Magnesium: 45.1mg (11.27%), Zinc: 1.57mg (10.44%), Copper: 0.2mg (10.16%), Vitamin E: 1.49mg (9.96%), Calcium: 88.9mg (8.89%), Vitamin B12: 0.35µg (5.78%), Vitamin D: 0.29µg (1.95%)