



Sack Lunch: A B-L-T for Winter

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup mayonnaise homemade
- ☐ 8 slices cocktail rye bread
- ☐ 1.3 ounces sun-dried olives packed in olive oil
- ☐ 0.5 pound bacon

Equipment

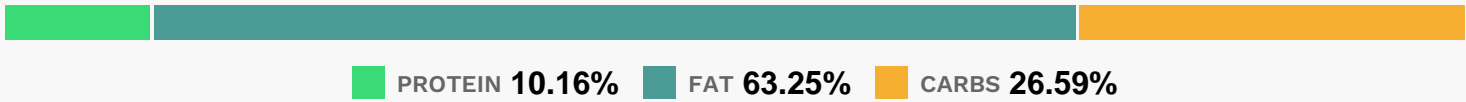
- ☐ baking sheet
- ☐ paper towels

☐ oven

Directions

- ☐ Heat the oven to 375°F with a rack in the center position. Arrange the bacon strips in a single layer on a rimmed baking sheet and bake for 10 minutes.
- ☐ Remove the baking sheet, pour off the fat, and bake again until the bacon is crispy, about 10 minutes.
- ☐ Drain and cool on paper towels. Crumble into small pieces, about 1/2 inch each.
- ☐ Chop the sun-dried tomatoes finely and stir them into the mayonnaise. Season generously with salt and pepper.
- ☐ Spread each slice of bread with sun-dried tomato mayonnaise. Generously sprinkle half of the bread slices with the bacon. Arrange the mâche over the bacon, sprinkle with pepper, and top with the remaining bread.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:15.46, Inflammation Score:-5, Nutrition Score:15.90260871597%

Nutrients (% of daily need)

Calories: 552.24kcal (27.61%), Fat: 38.84g (59.76%), Saturated Fat: 10.16g (63.52%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 31.92g (11.61%), Sugar: 5.9g (6.56%), Cholesterol: 45.26mg (15.09%), Sodium: 889.3mg (38.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.07%), Selenium: 32.09µg (45.85%), Manganese: 0.71mg (35.56%), Vitamin K: 35.17µg (33.49%), Vitamin B1: 0.48mg (32.2%), Vitamin B3: 5.52mg (27.58%), Phosphorus: 197.26mg (19.73%), Folate: 77.37µg (19.34%), Fiber: 4.83g (19.31%), Vitamin B2: 0.31mg (18.08%), Iron: 2.9mg (16.1%), Potassium: 527.44mg (15.07%), Copper: 0.27mg (13.68%), Magnesium: 49.95mg (12.49%), Vitamin B6: 0.23mg (11.5%), Zinc: 1.6mg (10.69%), Vitamin B5: 0.81mg (8.15%), Vitamin E: 1.07mg (7.13%), Calcium: 61.24mg (6.12%), Vitamin B12: 0.31µg (5.1%), Vitamin C: 3.73mg (4.52%), Vitamin A: 115.57IU (2.31%), Vitamin D: 0.26µg (1.76%)