



Slow Roasted Tomato BLT



Dairy Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 strips bacon crispy cooked
- ☐ 4 slices bread lightly toasted
- ☐ 2 handfuls lettuce
- ☐ 2 tablespoons mayo mixed with 2 tablespoons pesto
- ☐ 1 tablespoon olive oil
- ☐ 2 slow roasted roma tomatoes (see below)
- ☐ 10 roma/plum tomatoes cut into 1/4 inch slices
- ☐ 2 servings salt and pepper to taste

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2 teaspoons thyme leaves

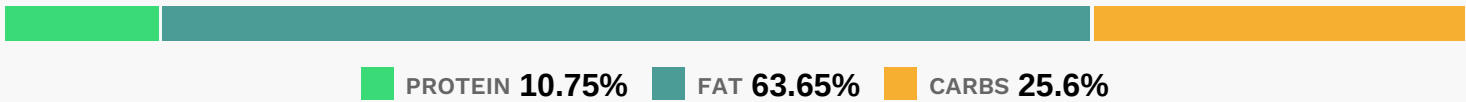
Equipment

Directions

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Assemble sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:130.83, Glycemic Load:18.23, Inflammation Score:-10, Nutrition Score:28.1199999916657%

Flavonoids

Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 654.86kcal (32.74%), Fat: 46.98g (72.28%), Saturated Fat: 11.88g (74.27%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 35.52g (12.92%), Sugar: 13.09g (14.55%), Cholesterol: 49.44mg (16.48%), Sodium: 1003.51mg (43.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Vitamin C: 54.31mg (65.83%), Vitamin A: 3233.44IU (64.67%), Manganese: 1.14mg (56.8%), Vitamin K: 59.41µg (56.58%), Selenium: 29.72µg (42.45%), Vitamin B3: 8.03mg (40.16%), Vitamin B1: 0.55mg (36.85%), Potassium: 1107.78mg (31.65%), Fiber: 7g (27.98%), Vitamin B6: 0.54mg (27.19%), Folate: 105.29µg (26.32%), Phosphorus: 261.82mg (26.18%), Vitamin E: 3.87mg (25.79%), Iron: 3.71mg (20.64%), Magnesium: 75.21mg (18.8%), Copper: 0.34mg (17.21%), Vitamin B2: 0.28mg (16.33%), Zinc: 2.05mg (13.69%), Calcium: 120.09mg (12.01%), Vitamin B5: 1.19mg (11.9%), Vitamin B12: 0.35µg (5.78%), Vitamin D: 0.29µg (1.95%)