



The Best Blts

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado pitted ripe peeled sliced
- ☐ 1 pound bacon
- ☐ 0.3 cup butter room temperature
- ☐ 2.5 cups basil fresh packed (lightly)
- ☐ 6 romaine leaves
- ☐ 1 cup mayonnaise
- ☐ 1 onion red thinly sliced
- ☐ 3 large tomatoes cut into 1/4-inch-thick rounds

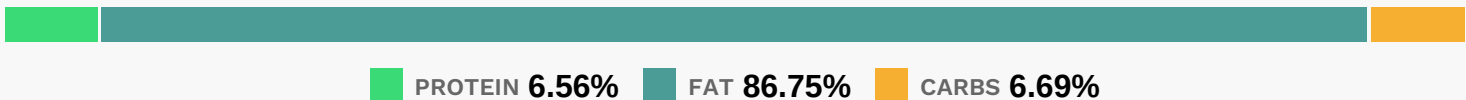
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Mix basil, mayonnaise and butter in processor until basil is finely chopped and mixture is well blended. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Cook bacon in heavy large skillet over medium-high heat until crisp, about 8 minutes.
- ☐ Transfer to paper towels; drain.
- ☐ Spread half of mayonnaise mixture over 1 side of 6 bread slices. Top each with 2 tomato slices.
- ☐ Sprinkle tomatoes with salt and pepper. Top tomato slices with avocado, then with bacon strips, onion and lettuce.
- ☐ Spread remaining mayonnaise mixture over remaining 6 bread slices.
- ☐ Place bread slices atop lettuce.
- ☐ Cut sandwiches in half and serve.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:22.7352174365%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 773.74kcal (38.69%), Fat: 75.71g (116.48%), Saturated Fat: 20.75g (129.66%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 6.85g (2.49%), Sugar: 4.1g (4.56%), Cholesterol: 85.91mg (28.64%), Sodium: 815.44mg (35.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.75%), Vitamin K: 124.35µg (118.43%), Vitamin A: 3449.28IU (68.99%), Vitamin C: 26.64mg (32.3%), Vitamin B6: 0.51mg (25.54%), Vitamin E: 3.8mg (25.35%), Fiber: 6.29g (25.17%), Vitamin B3: 4.96mg (24.79%), Selenium: 16.68µg (23.83%), Potassium: 802.87mg (22.94%), Folate: 89.47µg (22.37%), Vitamin B1: 0.33mg (21.82%), Manganese: 0.42mg (21.01%), Phosphorus: 193.53mg (19.35%), Vitamin B5: 1.55mg (15.49%), Copper: 0.27mg (13.27%), Magnesium: 50.43mg (12.61%), Vitamin B2: 0.21mg (12.5%), Zinc: 1.7mg (11.33%), Iron: 1.58mg (8.76%), Vitamin B12: 0.44µg (7.31%), Calcium: 56.73mg (5.67%), Vitamin D: 0.38µg (2.51%)