



The Best Blts

READY IN



45 min.

SERVINGS



6

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado pitted ripe peeled sliced
- ☐ 1 pound bacon
- ☐ 12.5 inch bread fresh white country-style
- ☐ 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

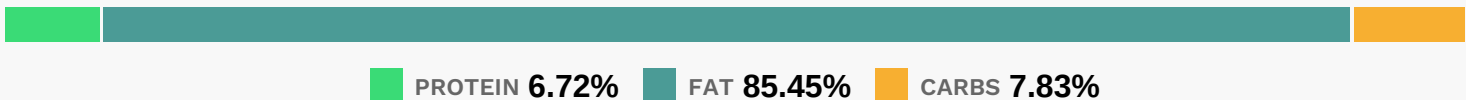
Equipment

- ☐ 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:55.61, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:23.420434837756%

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: 788.24kcal (39.41%), Fat: 75.95g (116.85%), Saturated Fat: 20.78g (129.89%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 9.15g (3.33%), Sugar: 4.4g (4.89%), Cholesterol: 85.91mg (28.64%), Sodium: 840.47mg (36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.89%), Vitamin K: 124.61µg (118.67%), Vitamin A: 3449.38IU (68.99%), Vitamin C: 26.65mg (32.31%), Vitamin B3: 5.25mg (26.27%), Fiber: 6.5g (26.02%), Selenium: 18.21µg (26.01%), Vitamin B6: 0.52mg (25.84%), Vitamin E: 3.81mg (25.42%), Manganese: 0.48mg (24.17%), Folate: 93.97µg (23.49%), Vitamin B1: 0.35mg (23.27%), Potassium: 810.33mg (23.15%), Phosphorus: 200.36mg (20.04%), Vitamin B5: 1.59mg (15.93%), Copper: 0.27mg (13.67%), Vitamin B2: 0.23mg (13.28%), Magnesium: 52.6mg (13.15%), Zinc: 1.76mg (11.7%), Iron: 1.77mg (9.81%), Vitamin B12: 0.44µg (7.31%), Calcium: 63.35mg (6.33%), Vitamin D: 0.38µg (2.51%)