

The SS B.L.T

READY IN



45 min.

SERVINGS



12

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 12 servings baby arugula for topping
- ☐ 3 tablespoons capers in brine drained chopped
- ☐ 8 ounces cream cheese softened room temperature
- ☐ 2 tablespoons chives fresh minced
- ☐ 2 tablespoons dijon honey mustard
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 8 slices maple bacon
- ☐ 8 slices pumpernickel swirl bread
- ☐ 1 small onion red sliced very thinly

- ☐ 1 small to 2 roma tomatoes very thinly sliced into rounds
- ☐ 12 ounces salmon smoked sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Evenly space the bacon on a baking sheet lined with a wire rack and bake until crispy, 15 to 18 minutes.
- ☐ Drain the bacon on paper towels, reserving the bacon fat from the pan. Reduce the oven temperature to 350 degrees F. Once cooled, finely mince the bacon.
- ☐ For the caper spread: In a bowl, combine the cream cheese, capers, chives and honey mustard, and season with salt and pepper. With a rubber spatula, mix all the ingredients until combined. Adjust the seasoning if necessary.
- ☐ Cut the crusts from the bread.
- ☐ Brush slices on one side with the reserved bacon fat and transfer to the oven to warm through, about 5 minutes. Smear the fat side of four slices with some caper spread.
- ☐ Layer with 1 1/2 ounces of smoked salmon, some red onion, tomato, minced bacon and arugula. Top with another slice of bread and cut each sandwich into thirds, to make finger sandwiches.

Nutrition Facts



 **PROTEIN 18.57%**  **FAT 56.8%**  **CARBS 24.63%**

Properties

Glycemic Index:21.42, Glycemic Load:5.5, Inflammation Score:-6, Nutrition Score:10.598260827686%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 6.23mg, Kaempferol: 6.23mg, Kaempferol: 6.23mg, Kaempferol: 6.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 226.77kcal (11.34%), Fat: 14.32g (22.03%), Saturated Fat: 6.15g (38.41%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 12.1g (4.4%), Sugar: 2.07g (2.3%), Cholesterol: 35.29mg (11.76%), Sodium: 577.09mg (25.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.06%), Vitamin D: 4.91µg (32.71%), Selenium: 19.09µg (27.28%), Manganese: 0.35mg (17.65%), Vitamin B12: 1.04µg (17.32%), Phosphorus: 135.56mg (13.56%), Vitamin B3: 2.69mg (13.47%), Vitamin K: 13.66µg (13.01%), Vitamin A: 589.51IU (11.79%), Vitamin B2: 0.16mg (9.68%), Vitamin B6: 0.18mg (8.96%), Folate: 35.33µg (8.83%), Vitamin B1: 0.13mg (8.83%), Copper: 0.16mg (7.99%), Fiber: 1.87g (7.47%), Magnesium: 27.31mg (6.83%), Iron: 1.16mg (6.47%), Potassium: 214.11mg (6.12%), Vitamin B5: 0.59mg (5.85%), Calcium: 57.02mg (5.7%), Vitamin E: 0.79mg (5.27%), Zinc: 0.75mg (5.02%), Vitamin C: 3.26mg (3.95%)