



## Triple-Pork Club Sandwich

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon apple cider vinegar
- 1 teaspoon dijon mustard
- 4 large egg yolk
- 1 medium apples i use 2 granny smith apples
- 1 pound deli honey ham thinly sliced
- 0.5 teaspoon kosher salt
- 12 slices cocktail rye bread light

- 4 servings vegetable oil as needed

## Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk
- measuring cup

## Directions

- Heat the oven to 425°F and arrange the racks to divide the oven into thirds. Arrange the bacon pieces in a single layer on 2 rimmed baking sheets.
- Bake for 10 minutes. Rotate the pans between the oven racks and continue baking until the bacon is crisped and brown, about 5 to 10 minutes more.
- Transfer the bacon pieces to a large paper-towel-lined plate, placing additional paper towels between each layer of bacon. Carefully pour the bacon fat from the baking sheets into a heatproof measuring cup—you need 2/3 cup. (If you don't have enough bacon fat, add vegetable oil as needed.) Discard any excess bacon fat.
- Let the measured bacon fat cool for 15 minutes.
- Place the egg yolks, vinegar, and mustard in a medium bowl and whisk until combined. While whisking constantly, very slowly add the bacon fat or bacon fat-oil mixture in a thin stream until it's completely incorporated and the mixture is thickened and creamy.
- Add the salt and pepper and whisk to combine; set aside. To assemble: Increase the oven temperature to broil and keep a rack in the top third of the oven. Halve, core, and cut the apple into 1/8-inch-thick slices.
- Place the slices in a medium bowl, drizzle with the vinegar, and toss to coat.
- Place 6 of the bread slices in a single layer on a clean baking sheet. Toast in the oven, flipping once, until lightly browned, about 1 minute per side.
- Transfer to a work surface and repeat with the remaining bread slices.
- Spread 1 tablespoon of the bacon mayonnaise on each bread slice. Equally divide all of the apple slices among 4 of the bread slices. Top the apples with the ham and another slice of

bread. Top with the reserved bacon slices and finish with the remaining 4 slices of bread, mayonnaise-side down. Slice each sandwich into quarters and serve.

## Nutrition Facts

**PROTEIN 19.64%** **FAT 50.8%** **CARBS 29.56%**

### Properties

Glycemic Index:47.08, Glycemic Load:23.05, Inflammation Score:-6, Nutrition Score:27.543913146724%

### Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

### Nutrients (% of daily need)

Calories: 728.22kcal (36.41%), Fat: 40.81g (62.79%), Saturated Fat: 11.16g (69.74%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 46.69g (16.98%), Sugar: 8.56g (9.51%), Cholesterol: 253.91mg (84.64%), Sodium: 2238.18mg (97.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.51g (71.01%), Selenium: 65.36µg (93.37%), Vitamin B1: 1.14mg (75.89%), Vitamin B3: 8.76mg (43.8%), Phosphorus: 435.82mg (43.58%), Manganese: 0.86mg (43.17%), Vitamin B2: 0.67mg (39.7%), Folate: 135.3µg (33.82%), Vitamin B6: 0.58mg (29.11%), Zinc: 4.15mg (27.64%), Fiber: 6.75g (26.98%), Vitamin K: 28.24µg (26.9%), Iron: 4.27mg (23.7%), Vitamin B12: 1.06µg (17.62%), Magnesium: 64.08mg (16.02%), Vitamin E: 2.4mg (15.98%), Potassium: 557.23mg (15.92%), Copper: 0.3mg (15.06%), Vitamin B5: 1.48mg (14.82%), Vitamin D: 1.71µg (11.41%), Calcium: 104.46mg (10.45%), Vitamin A: 278IU (5.56%), Vitamin C: 2.48mg (3.01%)