

Triple-Pork Club Sandwich

airy Free







LUNCH

MAIN COURSE

MAIN DISH

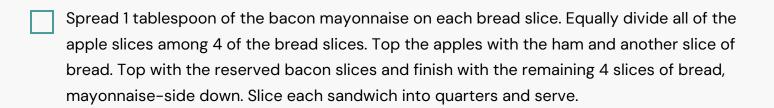
DINNER

Ingredients

U.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

	16 bacon thick-cut cut in half crosswise (1 pound 4 ounces)
	4 servings vegetable oil as needed
	u in man 4
	uipment
Ш	bowl
	baking sheet
	paper towels
	oven
	whisk
	measuring cup
DII	rections
	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.



Nutrition Facts

PROTEIN 16.3% FAT 66.92% CARBS 16.78%

Properties

Glycemic Index:47.08, Glycemic Load:23.05, Inflammation Score:-6, Nutrition Score:34.808695782786%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Catechin: 0.05mg, Catechin: 0.05mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 3.43mg, Epigallocatechin: 3.43mg, Epigallocatechin: 3.43mg, Epigallocatechin: 3.43mg, Epigallocatechin: 3.43mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05m

Nutrients (% of daily need)

Calories: 1328.7kcal (66.44%), Fat: 97.97g (150.72%), Saturated Fat: 30.3g (189.4%), Carbohydrates: 55.28g (18.43%), Net Carbohydrates: 48.54g (17.65%), Sugar: 8.56g (9.51%), Cholesterol: 348.95mg (116.32%), Sodium: 3191.46mg (138.76%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 53.68g (107.36%), Selenium: 94.31µg (134.72%), Vitamin B1: 1.54mg (102.38%), Vitamin B3: 14.55mg (72.76%), Phosphorus: 643.18mg (64.32%), Vitamin B6: 0.97mg (48.27%), Vitamin B2: 0.79mg (46.56%), Manganese: 0.88mg (43.96%), Zinc: 5.85mg (38.97%), Folate: 135.3µg (33.82%), Vitamin B12: 1.78µg (29.62%), Iron: 4.86mg (26.98%), Fiber: 6.75g (26.98%), Vitamin K: 28.24µg (26.9%), Potassium: 842.35mg (24.07%), Vitamin B5: 2.28mg (22.81%), Magnesium: 81.36mg (20.34%), Vitamin E: 3.02mg (20.1%), Copper: 0.36mg (18.08%), Vitamin D: 2.29µg (15.25%), Calcium: 111.66mg (11.17%), Vitamin A: 331.28IU (6.63%), Vitamin C: 2.48mg (3.01%)