



A Better-for-You BLT

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup mayo reduced fat mayonnaise light kraft
- 4 large romaine lettuce leaves
- 1 large tomatoes sliced
- 12 slices oscar mayer turkey bacon
- 8 slices bread whole wheat toasted

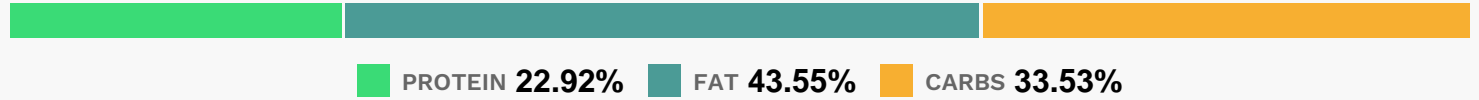
Equipment

- frying pan

Directions

- Cook bacon in large skillet on medium heat 8 to 10 min. or until crisp, turning occasionally.
- Spread toast slices with mayo; fill with remaining ingredients to make 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:10.77, Glycemic Load:5.98, Inflammation Score:-7, Nutrition Score:7.8530434136805%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 139.58kcal (6.98%), Fat: 6.8g (10.45%), Saturated Fat: 1.76g (11%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 9.97g (3.63%), Sugar: 1.8g (2%), Cholesterol: 17.36mg (5.79%), Sodium: 532.8mg (23.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Manganese: 0.52mg (25.84%), Vitamin A: 1131.72IU (22.63%), Vitamin K: 18.86µg (17.97%), Selenium: 10.3µg (14.72%), Phosphorus: 133.34mg (13.33%), Vitamin B3: 1.73mg (8.65%), Vitamin B1: 0.11mg (7.53%), Folate: 29.11µg (7.28%), Fiber: 1.8g (7.19%), Magnesium: 25.8mg (6.45%), Zinc: 0.96mg (6.43%), Vitamin B6: 0.13mg (6.26%), Iron: 1.09mg (6.08%), Potassium: 194.89mg (5.57%), Vitamin B2: 0.09mg (5.2%), Copper: 0.09mg (4.65%), Calcium: 43.88mg (4.39%), Vitamin C: 2.94mg (3.57%), Vitamin E: 0.53mg (3.53%), Vitamin B5: 0.19mg (1.89%), Vitamin B12: 0.06µg (1.01%)