



Bacon Jam BLT



Dairy Free



Popular

READY IN



10 min.

SERVINGS



1

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

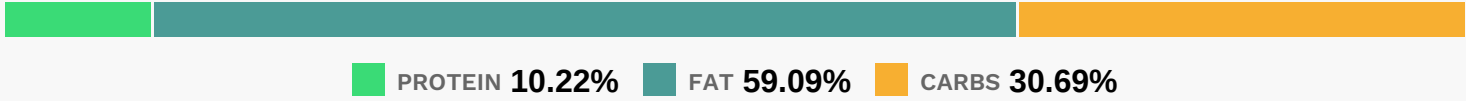
- ☐ 3 strips bacon
- ☐ 2 slices bread lightly toasted
- ☐ 1 tablespoon bacon jam
- ☐ 1 leaf lettuce
- ☐ 1 tablespoons basil mayo
- ☐ 1 serving bell pepper to taste
- ☐ 2 slices tomatoes ripe

Equipment

Directions

☐ Cook the bacon until crispy, assemble the sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:265.67, Glycemic Load:22.79, Inflammation Score:-9, Nutrition Score:22.515652190084%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 600.31kcal (30.02%), Fat: 39.46g (60.7%), Saturated Fat: 10.85g (67.82%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 41.97g (15.26%), Sugar: 16.33g (18.14%), Cholesterol: 49.44mg (16.48%), Sodium: 800.98mg (34.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.71%), Vitamin C: 97.73mg (118.46%), Vitamin A: 2424.05IU (48.48%), Selenium: 30.2µg (43.14%), Manganese: 0.78mg (38.97%), Vitamin B3: 6.54mg (32.72%), Vitamin B1: 0.46mg (30.74%), Vitamin K: 31.3µg (29.81%), Vitamin B6: 0.46mg (23.23%), Folate: 87.39µg (21.85%), Phosphorus: 195.47mg (19.55%), Fiber: 4.14g (16.58%), Vitamin B2: 0.28mg (16.36%), Iron: 2.77mg (15.4%), Vitamin E: 2.08mg (13.84%), Potassium: 401.05mg (11.46%), Vitamin B5: 1.1mg (10.99%), Zinc: 1.6mg (10.64%), Magnesium: 41.54mg (10.38%), Calcium: 85.28mg (8.53%), Copper: 0.15mg (7.46%), Vitamin B12: 0.35µg (5.78%), Vitamin D: 0.29µg (1.95%)