



Bacon, Lettuce & Tomato Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

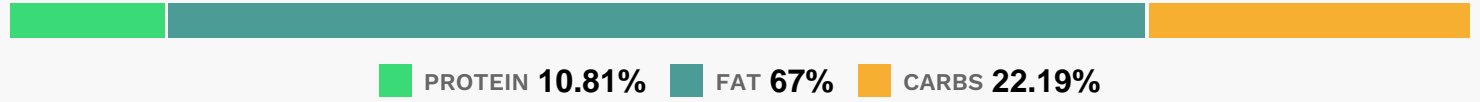
- 6 slices oscar mayer bacon cooked cut in half
- 2 lettuce leaves
- 2 Tbsp real mayo mayonnaise kraft
- 1 tomatoes cut into 4 slices
- 4 slices bread white toasted

Equipment

Directions

- Spread toast slices with mayo.
- Fill with remaining ingredients to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:16.28, Glycemic Load:3.64, Inflammation Score:-4, Nutrition Score:3.1452173668405%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 103.75kcal (5.19%), Fat: 7.69g (11.83%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.3g (1.93%), Sugar: 0.92g (1.02%), Cholesterol: 9.87mg (3.29%), Sodium: 154.57mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin A: 464.63IU (9.29%), Selenium: 5.07µg (7.24%), Vitamin B1: 0.1mg (6.45%), Vitamin B3: 1.1mg (5.5%), Vitamin K: 5.49µg (5.23%), Manganese: 0.09mg (4.46%), Folate: 14.91µg (3.73%), Phosphorus: 35.23mg (3.52%), Vitamin C: 2.55mg (3.09%), Vitamin B6: 0.06mg (2.96%), Iron: 0.47mg (2.62%), Vitamin B2: 0.04mg (2.49%), Calcium: 24.94mg (2.49%), Potassium: 76.85mg (2.2%), Zinc: 0.28mg (1.86%), Fiber: 0.43g (1.7%), Vitamin E: 0.25mg (1.67%), Magnesium: 6.29mg (1.57%), Vitamin B5: 0.14mg (1.43%), Copper: 0.03mg (1.29%), Vitamin B12: 0.07µg (1.16%)