



WHATSheATE



## BLT



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



4 slices bacon



2 slices bread toasted



2 leaves lettuce



1 tablespoon mayonnaise



2 slices tomatoes

## Equipment



frying pan

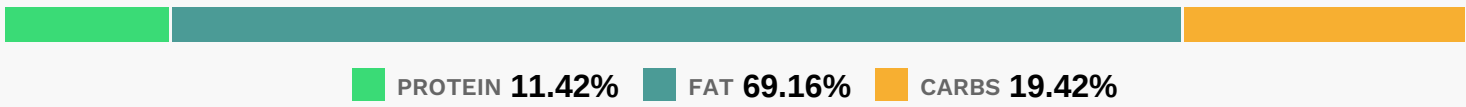


paper towels

# Directions

- ☐ Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Arrange the cooked bacon, lettuce, and tomato slices on one slice of bread.
- ☐ Spread one side of remaining bread slice with the mayonnaise. Bring the two pieces together to make a sandwich.

# Nutrition Facts



# Properties

Glycemic Index:178.67, Glycemic Load:14.97, Inflammation Score:-6, Nutrition Score:16.6056524256%

# Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

# Nutrients (% of daily need)

Calories: 627.56kcal (31.38%), Fat: 48.07g (73.95%), Saturated Fat: 13.75g (85.92%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 27.3g (9.93%), Sugar: 5.02g (5.58%), Cholesterol: 63.96mg (21.32%), Sodium: 940.64mg (40.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Selenium: 34.15µg (48.79%), Manganese: 0.76mg (37.99%), Vitamin B3: 7.01mg (35.05%), Vitamin B1: 0.5mg (33.4%), Vitamin K: 33.69µg (32.08%), Phosphorus: 218.06mg (21.81%), Vitamin B6: 0.35mg (17.36%), Folate: 61.04µg (15.26%), Iron: 2.62mg (14.54%), Vitamin B2: 0.23mg (13.49%), Fiber: 3.08g (12.32%), Zinc: 1.76mg (11.72%), Potassium: 406.54mg (11.62%), Vitamin A: 572.92IU (11.46%), Vitamin B5: 1.03mg (10.34%), Magnesium: 40.72mg (10.18%), Vitamin C: 7.96mg (9.65%), Vitamin E: 1.26mg (8.43%), Calcium: 83.8mg (8.38%), Copper: 0.16mg (7.92%), Vitamin B12: 0.46µg (7.61%), Vitamin D: 0.38µg (2.53%)