



BLT (Bacon Lettuce and Tomato Sandwich)



Dairy Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

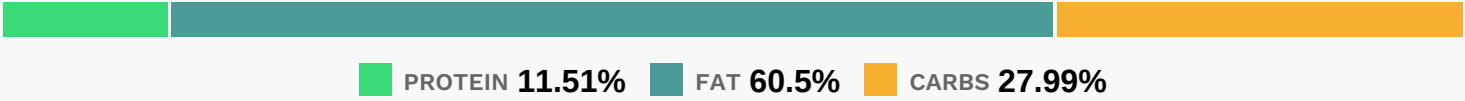
- ☐ 3 strips bacon
- ☐ 2 slices bread lightly toasted
- ☐ 1 leaf lettuce
- ☐ 1 tablespoons basil mayo
- ☐ 2 servings bell pepper to taste
- ☐ 1 tomatoes ripe sliced

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:105.33, Glycemic Load:8.75, Inflammation Score:-9, Nutrition Score:17.633043600165%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg 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: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 292.93kcal (14.65%), Fat: 19.95g (30.7%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 17.3g (6.29%), Sugar: 6.47g (7.19%), Cholesterol: 24.72mg (8.24%), Sodium: 401.81mg (17.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.09%), Vitamin C: 103.95mg (126%), Vitamin A: 2882.29IU (57.65%), Manganese: 0.5mg (24.82%), Selenium: 14.94µg (21.34%), Vitamin K: 22.25µg (21.2%), Vitamin B3: 3.99mg (19.96%), Vitamin B6: 0.39mg (19.35%), Vitamin B1: 0.27mg (18.1%), Folate: 68.81µg (17.2%), Fiber: 3.47g (13.88%), Vitamin E: 1.94mg (12.94%), Phosphorus: 120.04mg (12%), Potassium: 414.81mg (11.85%), Vitamin B2: 0.17mg (10.27%), Iron: 1.66mg (9.23%), Magnesium: 31.5mg (7.87%), Vitamin B5: 0.72mg (7.19%), Zinc: 0.99mg (6.59%), Copper: 0.11mg (5.33%), Calcium: 49.29mg (4.93%), Vitamin B12: 0.17µg (2.89%)