



BT (Bacon and Tomato) Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

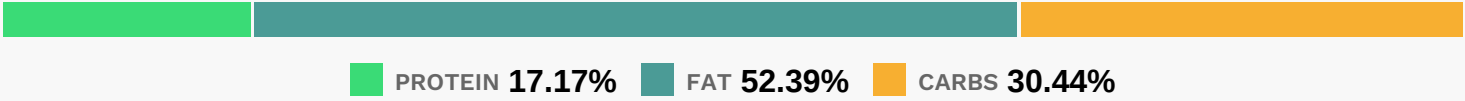
- ☐ 2 slices bread toasted (if desired)
- ☐ 4 slices bacon cooked ()
- ☐ 1 tablespoon mayonnaise
- ☐ 1 serving salt and pepper to taste
- ☐ 1 tomatoes sliced ()

Equipment

Directions

☐ Assemble sandwich.

Nutrition Facts



Properties

Glycemic Index:146.67, Glycemic Load:15.59, Inflammation Score:-7, Nutrition Score:17.919130408246%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 420.54kcal (21.03%), Fat: 24.49g (37.67%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 28.29g (10.29%), Sugar: 6.52g (7.25%), Cholesterol: 37.56mg (12.52%), Sodium: 1091.32mg (47.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.11%), Selenium: 32.67µg (46.68%), Manganese: 0.82mg (40.81%), Vitamin B3: 7.22mg (36.11%), Vitamin K: 35.28µg (33.6%), Vitamin B1: 0.46mg (30.42%), Phosphorus: 228.86mg (22.89%), Vitamin A: 1046.65IU (20.93%), Vitamin C: 16.96mg (20.56%), Folate: 66.75µg (16.69%), Vitamin B6: 0.33mg (16.64%), Potassium: 532.99mg (15.23%), Iron: 2.68mg (14.91%), Fiber: 3.72g (14.86%), Vitamin B2: 0.24mg (14.2%), Zinc: 1.79mg (11.95%), Magnesium: 46.56mg (11.64%), Copper: 0.19mg (9.59%), Vitamin B5: 0.95mg (9.5%), Vitamin E: 1.36mg (9.09%), Calcium: 87.06mg (8.71%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.16µg (1.04%)