



Favorite BLT

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

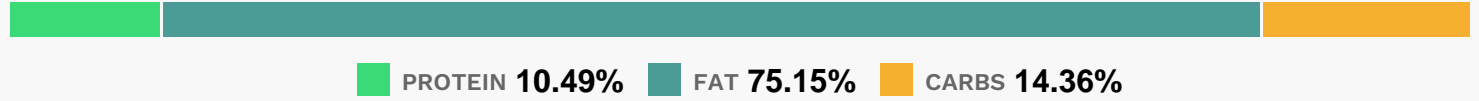
- 12 slices oscar mayer bacon cooked
- 4 bread baguette pieces split french toasted (6 inch)
- 4 leaf lettuce leaves
- 0.3 cup real mayo mayonnaise kraft
- 8 slices tomatoes

Equipment

Directions

Spread bread with mayo; fill with remaining ingredients to make 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:2.06, Inflammation Score:-2, Nutrition Score:2.9695652153181%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 121.87kcal (6.09%), Fat: 10.15g (15.61%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.89g (1.41%), Sugar: 0.83g (0.92%), Cholesterol: 13.18mg (4.39%), Sodium: 176.33mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Selenium: 5.78µg (8.25%), Vitamin K: 7.59µg (7.23%), Vitamin B3: 1.21mg (6.06%), Vitamin B1: 0.09mg (5.68%), Manganese: 0.11mg (5.42%), Phosphorus: 39.29mg (3.93%), Vitamin B6: 0.07mg (3.36%), Vitamin A: 148.78IU (2.98%), Vitamin C: 2.04mg (2.47%), Potassium: 80.77mg (2.31%), Folate: 8.79µg (2.2%), Iron: 0.39mg (2.17%), Vitamin B2: 0.04mg (2.16%), Zinc: 0.32mg (2.11%), Vitamin E: 0.29mg (1.94%), Fiber: 0.47g (1.9%), Vitamin B5: 0.18mg (1.78%), Magnesium: 6.83mg (1.71%), Vitamin B12: 0.09µg (1.54%), Copper: 0.03mg (1.38%), Calcium: 12.05mg (1.2%)