






 6%
HEALTH SCORE

BLT Sandwich

 Dairy Free

READY IN

45 min.

SERVINGS

2

CALORIES

657 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 servings pepper black
- 4 pieces bread lightly toasted
- 2 servings lettuce
- 2 servings mayonnaise
- 8 pieces bacon
- 1 tomatoes sliced thin

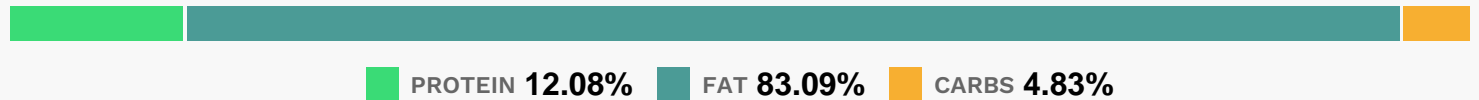
Equipment

- frying pan

Directions

- Brown bacon in a skillet
- Remove and pat off excess oil
- Slice tomato into 1/4 inches slices
- Toast bread
- Spread a thin layer of mayonnaise on bread
- Layer all ingredients on bread and close sandwich
- Add fresh cracked black pepper

Nutrition Facts



Properties

Glycemic Index:105.33, Glycemic Load:1.67, Inflammation Score:-7, Nutrition Score:14.923913043478%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Taste

Sweetness: 20.14%, Saltiness: 100%, Sourness: 20.31%, Bitterness: 22.79%, Savoriness: 75.06%, Fattiness: 80.56%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 656.94kcal (32.85%), Fat: 60.49g (93.06%), Saturated Fat: 19.66g (122.89%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 6g (2.18%), Sugar: 3.51g (3.9%), Cholesterol: 96.72mg (32.24%), Sodium: 1000.14mg (43.48%), Protein: 19.78g (39.56%), Selenium: 29.71µg (42.44%), Vitamin B3: 6.38mg (31.9%), Vitamin K: 33.09µg (31.51%), Vitamin B1: 0.47mg (31.03%), Phosphorus: 243.5mg (24.35%), Vitamin B6: 0.47mg (23.62%), Vitamin A: 1015.54IU (20.31%), Potassium: 561.31mg (16.04%), Vitamin C: 10.92mg (13.24%), Zinc: 1.97mg (13.1%), Vitamin B12: 0.72µg (12.08%), Manganese: 0.23mg (11.7%), Vitamin B5: 0.96mg (9.6%), Folate: 36.95µg (9.24%), Vitamin B2: 0.16mg (9.21%), Vitamin E: 1.25mg (8.32%), Magnesium: 31.31mg (7.83%), Fiber: 1.91g (7.65%), Iron: 1.21mg (6.73%),

Copper: 0.12mg (6.2%), Vitamin D: 0.58µg (3.89%), Calcium: 32.63mg (3.26%)