



Grands!® BLT Sandwiches

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces bacon low-sodium cooked
- ☐ 4 lettuce leaves
- ☐ 0.5 cup mayonnaise light
- ☐ 17.3 ounce grands!® golden wheat biscuits refrigerated pillsbury® canned
- ☐ 8 large tomatoes

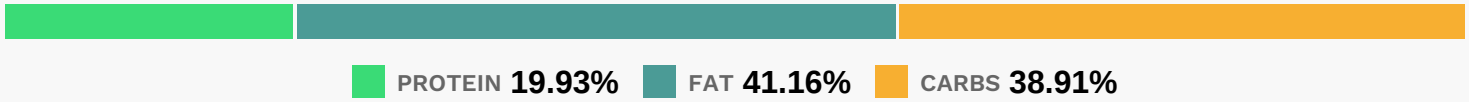
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350 degrees F. Lightly grease cookie sheets. Separate dough into 8 biscuits. Press or roll each biscuit to form 5 1/2-inch round.
- ☐ Place on greased cookie sheets.
- ☐ Bake at 350 degrees F. for 16 to 18 minutes or until golden brown. Cool slightly.
- ☐ Spread 1 tablespoon mayonnaise on bottom side of each biscuit. Top each of 4 biscuits with 1 lettuce leaf, 2 tomato slices and 4 or 5 strips of bacon. Top with remaining biscuits, mayonnaise side down.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:43.257826079493%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 1023.86kcal (51.19%), Fat: 48.84g (75.13%), Saturated Fat: 15.14g (94.63%), Carbohydrates: 103.9g (34.63%), Net Carbohydrates: 88.3g (32.11%), Sugar: 3.81g (4.23%), Cholesterol: 116.74mg (38.91%), Sodium: 2153.42mg (93.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.2g (106.4%), Manganese: 3.25mg (162.51%), Vitamin B6: 2.09mg (104.53%), Vitamin B3: 18.76mg (93.79%), Phosphorus: 917.77mg (91.78%), Selenium: 61.8µg (88.28%), Vitamin B1: 0.99mg (66.26%), Fiber: 15.6g (62.41%), Magnesium: 207.85mg (51.96%), Zinc: 7.31mg (48.72%), Vitamin A: 2288.34IU (45.77%), Potassium: 1210.1mg (34.57%), Copper: 0.6mg (30.01%), Vitamin C: 24.1mg (29.21%), Iron: 5.1mg (28.31%), Vitamin B2: 0.45mg (26.72%), Vitamin B12: 1.24µg (20.6%), Vitamin K: 21.02µg (20.02%), Folate: 71.06µg (17.77%), Vitamin B5: 1.71mg (17.09%), Vitamin E: 1.45mg (9.69%), Calcium: 89.5mg (8.95%), Vitamin D: 0.45µg (3.02%)